

Holiday Debrief

Make next year even better



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THRIVE IN THE CHAOS

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let's make it even better

Holiday debrief

My ADHD brain is very much out-of-sight-out-of-mind, so not only do I not realize how much money I've spent on the expected holiday expenses- like presents, there are always holiday expenses I completely forget about- like holiday cards.

Let's break that "fun" cycle this year!

Being fresh off the holiday season, it's the perfect time to reflect back on this year's holiday and debrief it so we can be better prepared for next year!

We're going to:

- Figure out how much the holidays cost for us
- Create an automated savings plan so we're easily financially prepared for next year
- Leave an automated note for ourselves so we're not scrambling over those expenses we always forget

First, let's reflect on how this holiday season went!

LET'S REFLECT

Think back on this holiday season

This Holiday

What did you do this year that you want to keep doing?

What do you want to add next year?

What did you forget to plan for this year?

What do you want to skip next year?

What do you want to do differently next year?

BREAK IT DOWN

The Process

1. Pull up your bank statements for the months that include holiday expenses
2. On the 'What was spent' worksheet, record each holiday expense and its cost
 - a. Don't forget to take into account things like:
 - extra groceries
 - charitable giving
 - extra tipping
 - travel expenses (including extra gas from driving around town)
 - teacher gifts
 - co-worker gifts
 - neighbor gifts
 - eating out
 - entertainment
 - postage
 - storage/organization supplies
3. Cross out any expenses you want to eliminate next year
4. Use the 'What to add next year' worksheet to record any new expenses you want to add with their estimated cost (research to be as accurate as you can)
5. Combined the 2 lists onto the 'Next year's plan' worksheet, be sure to:
 - a. remove any expenses you want to eliminate
 - b. add any new expenses you want to include next year
 - c. increase the amount of any expenses you want to spend more on
6. Add up the total cost of the expenses and add an extra 10% to the total to give you wiggle room for unexpected expenses
7. Follow the 'Break it down' worksheet to calculate your savings plan
8. Follow the "Let's analyze" worksheet to make sure your plan is do-able



BREAK IT DOWN

Break down how much you need to set aside each month or paycheck to be prepared for next holiday season

What's the total dollar amount that you need?



Pick a date. When do you want to have the money by? Nov 1st? Dec 1st?



How many months or paychecks away is that date?



Divide your money goal by how many months or paychecks away

↑ This is your savings goal, how much money to set aside every month or paycheck



LET'S ANALYZE

Now let's make sure your savings goal is realistic

What's the monthly or paycheck savings goal you calculated?



Is that a realistic amount you can afford?



If yes, awesome, go to the next page and automate it



If no, it's time to make some decisions. These are your options:



Reassess your expenses and see where you can cut back



Increase your income through a raise, another job or side hustle

Keep tweaking until you can realistically afford your saving goal

AUTOMATE IT

This last step is super important!

You need to prioritize this savings goal and take discipline & willpower out of the equation. Pay yourself first because no one else will prioritize it for you.

Open up a new savings account. If you can't be trusted to not touch the money (don't feel bad, I can't be trusted with my money either 😊), open up the account at a separate bank. I'm a big fan of credit unions and Capital One- any place that lets you have free banking.

Now, I want you to **set up auto-transfers of your savings goal into this new savings account.** I like to save every paycheck and set up my auto-transfer for the day after my paycheck hits my account.

You also want to **leave yourself a copy of your plan where you'll easily find it next year.** Create a calendar event with a notification and attach your plan. Or schedule an email that will send your plan to you the day after Thanksgiving (or whenever you start your holiday season).

Now sit back and get prepared for the next holiday season without any drama and without lifting a finger!



I help women with ADHD to save and manage their money in a way that works *with* their ADHD brain.

Having ADHD doesn't mean you're doomed to failure with your money- but traditional money advice probably isn't going to work for you.

So, if you're tired of all the shame-inducing money advice, and failing at sticking to a budget over and over again, you've come to the right place!

Come hang out on Instagram @jo_thriveinthechaos

Joanna