

BUDGET & CREDIT COUNSELING
BANKRUPTCY PRE-DISCHARGE CREDIT COUNSELING SESSION
FINANCIAL HEALTH AFTER PERSONAL BANKRUPTCY

- I. Introduction
- II. Live a Richer Life: A Roadmap to Personal Financial Health Following Bankruptcy
- III. Personal Budgeting Tools and Resources
- IV. Question & Answers
- V. Course Evaluation

LIVE A RICHER LIFE:
A Roadmap to Personal Financial Health Following Bankruptcy

- I. Rebuilding Following Bankruptcy (p. 1-2)
 - A) What to Expect: Benefits and Risks
 - 1. A Fresh Start
 - 2. Requests for Credit History
 - a. Employment Application
 - b. Insurances
 - c. Loans
 - 3. Predatory Lenders
 - B) Rule #1 for Future Credit
- II. The Economic Way of Thinking (p. 3-6)
 - A) Personal Decision-Making and Grid Exercise (worksheet)
- III. Developing Sound Financial Habits (p. 7-16)
 - A) Self-Assessment of Current Habits (questionnaire)
 - B) Overview of Sound Financial Habits
 - C) Organization of Bills
- IV. My Current Budget: How Did I Get Here? (p.17-30)
 - A) Objectives
 - B) Budgeting Skills (worksheet)
 - a. Assets vs. Liabilities
 - b. Income
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 - d. Fixed, Variable and Periodic Expenses
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- V. My New Budget: Developing a Plan That Works (p. 31-38)
 - A) The Importance of Goals
 - B) Factors for Concern
 - C) Ideas for Positive Change
 - a. Increase Income
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 - D) Developing Budget Skills
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 - b. Stop Adding Debt; Pay Off Current Debt
 - c. Periodic Expenses
 - d. Emergency Savings Fund
 - e. Retirement Planning

- VI. Understanding and Using Credit (p. 39-44)
 - A) Overview of Credit
 - B) What is in a Credit Score?
 - C) How to Obtain Your Free Credit Reports
 - a. The Twelve-Month Cycle
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 - E) Consumer Protection Laws

- VII. Credit Reports and Credit Scores (p. 45-48)
 - A) Developing Good Credit Habits
 - a. Manage Your Account
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 - c. Open a Checking or Savings Account
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 - B) How Long Will It Take?

- IX. Predatory Lending and Identity Theft (p. 53-56)
 - A) Predatory Lending / What to Watch For
 - B) Identity Theft Overview
 - a. What To Do if You Are a Victim
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- X. What is Insurance? (p. 57-60)
 - A) The Importance of Insurance
 - B) Types of Insurance
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- XI. Financial Tools and Resources (p. 61-78)