

Net Worth Statement

A printable assets-minus-liabilities statement you can update quarterly to see real progress over time.

Net worth = everything you own minus everything you owe. The number matters less than its direction, so update it every three months.

Assets (what you own)

ACCOUNT OR ITEM	VALUE
Checking	
Savings / emergency fund	
401(k) / 403(b) / 457(b)	
IRA / Roth IRA	
Brokerage	
Home	
Vehicles	
Other	

Liabilities (what you owe)

DEBT	BALANCE
Mortgage	
Auto loans	
Student loans	
Credit cards	
Medical	
Other	

Total assets – total liabilities = net worth