



Jerry Staker

The

TUNA BUDGET

Solution

**The Most Powerful Budget
Worksheet Plan in the World -
YOURS**

Tunabudget, LLC

(tunabudget.com)

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Introduction

The Problem. The Solution

The Problem. The Solution – After creating: ‘Debt Crisis – The Problem, In Plain English, 20 Risks That Will Soon Fuel a Serious Economic Downturn,’ I also created ‘Tunabudget – The Solution, The Most Powerful Budget Worksheet Plan in the World – Yours.’ While voices are beginning to emerge about a pending debt crisis (amongst every other crisis out there), I’ve yet to find anyone with a real solution. Tunabudget is that solution for consumers. Tunabudget is also known as the ‘human side’ of individual and family financial well-being. Actually, Tunabudget was first created back in the early 1980’s and I’ve been using and sharing it, small scale, ever since. However, as soon as it becomes widely shared and used, I’m stepping out of the picture. This mission is not about me, nor will it ever be. This is not a show. I offer these things because I sincerely care about individuals and families. The Tunabudget Worksheet Plan is free. It’s beyond powerful. It’s life-changing.



Seasons of Reckoning are Coming – We are facing a time where there will be default conditions, everywhere, for borrowers with debt loads that are other than modest. Society will quickly learn that it cannot just liquidate and foreclose every Promissory Note, as that would seize up everything. The solution will be for individuals, families, companies, governments, etc. to create tailored debt repayment plans using their own custom-made version of a Tunabudget Worksheet Plan. As conditions stabilize, their Tunabudget Worksheet Plans can (and should be) revised to

reflect an improved repayment plan. The same is done when conditions deteriorate. It’s the best, fastest, most economical way to stabilize budgets and repayments. The Tunabudget Worksheet Plan is immensely powerful. It creates exciting material changes, stabilizes nerves, reduces anxiety, strengthens marriages, keeps the doors open for business, and helps restore confidence, everywhere. Did I mention it’s also free?

How Concerned Should You Be?

How Concerned Should You Be? – Personally, I’m very concerned about the near-term economy in 2024-25. I know what I’m talking about. I was a commercial banker involved with “Special Assets” or classified or troubled commercial loans of many shapes and sizes, for nearly three decades. I served all through the recessionary periods since the early 1980’s. Also, as a Commissioned Bank Examiner for the Federal Reserve Bank of San Francisco at the time of the Great Recession up until 2021, I saw behind the scenes at banks from Wall Street to small community banks. So, I know what’s going on, and my gut says we’re headed for real trouble. This is my wheelhouse. Take a few minutes and read in the Appendix the summary points of ‘Debt Crisis – The Problem, In Plain English, 20 Risks That Will Soon Fuel a Serious Economic Downturn,’ and see if you are concerned as much as I am. If you are, then you should get your own Tunabudget Worksheet Plan started as soon as possible. Get prepared, now. 2024-25 will be the

beginning of times the likes of which we the people will hardly recognize. Things are going to change – big time.

Paradigm Shift from Creditor to Debtor

You Must Have Your Say as to What is Appropriate in Terms of Your Ability to Repay – When it comes to debt resolution in periods of economic downturn, there’s going to be gaping canyons between debtors and their creditors, unless/until there’s a paradigm shift from the old model where creditors took the lead and called all the shots. Lenders are pretty good at getting loans approved in just days, if not minutes – depending on the size and complexity. Creditors, however, are not as good at getting the money back. This paradigm shift from the creditor taking the lead and formulating restructuring plans to that of the debtor preparing, presenting, and negotiating with creditors, will allow the debtor to repay the loans they promised to pay on terms that are suitable to them. Debtors need to step forward, prepare, and take full responsibility for their debt repayment obligations. They should know that they are also entitled to negotiate repayment solutions on a regularly adjusted best-effort basis. Especially in a severe economic downturn, debtors need to take charge and demonstrate ownership of their own debt repayment strategies. Debtors are expected to repay their obligations in full, eventually, in good faith. The Tunabudget Worksheet Plan will enable both the creditor and debtor to realize their maximum results.

Candid Conversation Memos (CCMs)



Candid Conversation Memos, The Human Side of Financial Wellness for Individuals and Families – Besides the worksheet plan, tunabudget.com offers ‘candid conversation memos,’ or CCMs, which candidly addresses any topic that might have a material or negative influence on one’s financial well-being – from a human side point of view. No AI inputs. Just straight out of the heart and nothing more or less. Another way of looking at CCMs, is that they cue you to ‘do something,’ take some action. Maybe get out of your funk, and make some changes. Change is needed. That’s what these CCMs help you consider. Choices need to be considered, and decisions need to be made. How else are you going to make necessary changes otherwise? The CCMs are about becoming better, something new, refreshed, or shall we say, a lot happier? Of course, then, CCMs are topped off with several ‘candid questions’ to shake things up. In otherwords, it’s past time to stand-up, speak-up, and try to help each other climb out of the mess we’re in and get well. We can do that by helping each other with candid, but heartfelt, conversations. The CCMs are currently in five groups: The individual; family; spouse; attitudes, choices, beliefs; and destructive addictions.

The Individual –

- Personal Debt Crisis – The Crushing Burden of Heavy Debt
- Student Debt – Wise Up
- Bankruptcy – Your Promise to Pay
- Employment - Skills and Passion to Increase Income

The Family –

- Residence – Can or Should You Afford It?
- Money Between Family Members – There is a Better Way

- Adult Children Dependency – Support by Senior Parents
- Baby Sitting – Child Care for Grand Children
- Elderly Care – Wealth Transfer
- Retirement – Opportunity, Survival, Waste of Time

The Spouse –

- Divorce – Responsibility, Short/Long Term Effects on Children and Adults
- Put Your Wife First – Avoid the ‘Divorce Cliff’
- She Should Decide the Money Decisions – Get Yourself Out of the Spending Lane

Attitudes, Choices, Beliefs –

- Thankfulness – Success, Hands Down
- Change is Good – Changing from the Inside/Out
- Coveting – Shut it Down, Shut it Down
- Forgiveness – Still on the One-Yard Line of Life?
- Stuff – Way too Much; Share It Away
- Adversity – Sink or Swim
- Good Health Choices – Diet, Exercise, Sleep
- Caring for Others – Look Around and Do a Little “Good”
- Religious Contributions – Go All In

Destructive Addictions. The Real Cost of Choosing to Use –

- Smoking and Tobacco Use
- Alcohol Use
- Marijuana Use
- Addictive Drug Use
- Gambling Use
- Pornography Use



The First Tunabudget Worksheet Plan – The first Tunabudget Worksheet Plan was created in about 1982, and consisted of a legal-size piece of paper with hand-drawn columns and rows. It also included a pencil and big eraser. But it worked just fine. A few dozen hours were spent on getting it finished and built out. The Tunabudget Worksheet Plan has helped individuals and families for decades, and continues to the present day.

If You Don't Have Access to a Computer/Laptop – Ask for help! Anyone who desires to make a Tunabudget Worksheet Plan can raise their hand and get access to an electronic spreadsheet. If you are unfamiliar with how to use a spreadsheet, then ask for help. You should be able to find a trusted family member or friend who can assist you in preparing your own plan. Worst case? Grab a blank piece of paper and a pencil with an eraser, draw some rows and lines with a ruler and make your own Tunabudget Worksheet Plan, patterned after the Tunabudget Worksheet Plan template. It's not that hard. And, it's free.

Tunabudget – The Benefits and Process (The WHY)

Tunabudget Worksheet Plan

		Pay Period:													
		4/1/2024	4/15/2024	4/29/2024	5/13/2024	5/27/2024	6/10/2024	6/24/2024	7/8/2024	7/22/2024	8/5/2024	8/19/2024	9/2/2024	9/16/2024	9/30/2024
Net Income #1:		3,475	3,475	3,475	3,475	3,475	3,475	3,475	3,475	3,475	3,475	3,475	3,475	3,475	3,475
Other Income #1:		4,000		4,300				4,000							
Net Income #2:		1,350	1,350	1,350	1,350	1,350	1,350	1,350	1,350	1,350	1,350	1,350	1,350	1,350	1,350
Other Income #2:															
Total Net Income:		8,825	4,825	9,125	4,825	4,825	4,825	4,825	8,825	4,825	4,825	4,825	4,825	4,825	4,825
Assets / Liabilities / Net Worth	Assets	Liabilities	Monthly Payment												
Savings	5,590														
Personal Property (autos, furniture, etc.)	38,000														
Real Property (residence)	405,000														
Other Assets	11,750														
Expenses															
Housing Costs:															
Rent or Mortgage Payment		310,000	2,350	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175	1,175
Property Taxes															
Homeowners or Renters Insurance															
Home Maintenance and Repairs															
Utilities (Electricity, Gas, Water, Sewer, Trash)			610	305	305	305	305	305	305	305	305	305	305	305	305
Transportation:															
Car Loan Payments	4,550	344	172	172	172	172	172	172	172	172	172	172	172	172	172
Auto Insurance		170	85	85	85	85	85	85	85	85	85	85	85	85	85
Gasoline or Fuel		230	115	115	115	115	115	115	115	115	115	115	115	115	115
Vehicle Maintenance and Repairs		100	50	50	50	50	50	50	50	50	50	50	50	50	50
Public Transportation Costs (Bus, Train, Subway, etc.)		80	40	40	40	40	40	40	40	40	40	40	40	40	40
Parking Fees and Tolls		30	15	15	15	15	15	15	15	15	15	15	15	15	15
Food and Groceries:															
Groceries		740	370	370	370	370	370	370	370	370	370	370	370	370	370
Dining Out or Takeout		160	80	80	80	80	80	80	80	80	80	80	80	80	80
Coffee Shops or Fast Food		50	25	25	25	25	25	25	25	25	25	25	25	25	25
Healthcare:															
Health Insurance Premiums															
Prescription Medications		60	30	30	30	30	30	30	30	30	30	30	30	30	30
Doctor Visits and Copayments		910	100	50	50	50	50	50	50	50	50	50	50	50	50
Dental Care		1,575	200	100	100	100	100	100	100	100	100	100	100	100	100
Vision Care															
Debt Repayment:															
Credit Card Payments		8,440	250	2,000	125	3,000	125	125	125	2,000	125	125	125	125	125
Student Loan Payments		21,350	300	150	150	150	150	150	150	150	150	150	150	150	150
Personal Loan Payments		1,460	180	90	90	90	90	90	90	90	90	90	90	90	90
Personal Care:															
Toiletries and Personal Hygiene Products		40	20	20	20	20	20	20	20	20	20	20	20	20	20
Haircuts and Salon Services		30	15	15	15	15	15	15	15	15	15	15	15	15	15
Gym Memberships or Fitness Classes		40	20	20	20	20	20	20	20	20	20	20	20	20	20
Entertainment and Recreation:															
Cable, Internet, or Streaming Services		130	65	65	65	65	65	65	65	65	65	65	65	65	65
Movie Theater or Streaming Subscriptions		30	15	15	15	15	15	15	15	15	15	15	15	15	15
Hobbies and Recreation Activities		80	40	40	40	40	40	40	40	40	40	40	40	40	40
Sports Events or Concerts		60	25	25	25	25	25	25	25	25	25	25	25	25	25
Travel and Vacation Expenses		150	75	75	75	75	75	75	75	75	75	75	75	75	75
Clothing and Apparel:															
Clothing Purchases		150	75	75	75	75	75	75	75	75	75	75	75	75	75
Shoes and Accessories		30	15	15	15	15	15	15	15	15	15	15	15	15	15
Childcare and Education:															
Daycare or Babysitting Services		650	325	325	325	325	325	325	325	325	325	325	325	325	325
School Supplies and Fees		30	15	15	15	15	15	15	15	15	15	15	15	15	15
Extracurricular Activities:															
Savings and Investments:															
Retirement Contributions (401k, IRA, etc.)															
Emergency Fund Contributions		100	50	50	50	50	50	50	50	50	50	50	50	50	50
Investments or Brokerage Accounts															
Insurance:															
Life Insurance		130	65	65	65	65	65	65	65	65	65	65	65	65	65
Disability Insurance															
Umbrella Insurance															
Taxes:															
Federal Income Taxes		2,600	200	100	100	100	100	100	100	100	100	100	100	100	100
State Income Taxes		1,450	100	50	50	50	50	50	50	50	50	50	50	50	50
Local Taxes (Property Taxes, Sales Taxes, etc.)															
Charitable Donations:															
Donations to Nonprofit Organizations															
Religious Offerings		1,600	1,400	800	1,450	800	800	800	1,400	800	800	800	800	800	800
Miscellaneous:															
Gifts, Celebrations (Birthdays, Holidays, Weddings, etc.)		50	25	25	25	25	25	25	25	25	25	25	25	25	25
Bank Fees and Charges															
Home Services (Cleaning, Lawn Care, etc.)															
Pet Care and Supplies		30	15	15	15	15	15	15	15	15	15	15	15	15	15
Alimony		1,500	750	750	750	750	750	750	750	750	750	750	750	750	750
Child Support															
Totals:	460,340	362,335	11,074	8,012	5,537	9,062	5,537	5,537	5,537	8,487	5,482	5,482	5,432	5,200	5,200
Net Worth/Difference:		98,005		813	(712)	63	(712)	(712)	(712)	338	(657)	(657)	(607)	(375)	(375)

What is a Tunabudget Worksheet Plan?

Tunabudget Worksheet Plan – Tunabudget is your own customized budget worksheet plan. Take a simple spreadsheet, or the Tunabudget Worksheet Plan template (above) that you can easily adjust to fit your own life. This is much more than a budget. It is a life plan, with a paycheck-by-paycheck projection for the next year or so. It does not prescribe how every dollar will be spent. More importantly, it is an overall plan of action. You can see for yourself what you'll be doing a year out

because that's where you'll be spending your resources. If you don't like it, then change it. That's the whole purpose. If you're financially in trouble, your plan will get you out of trouble, the best possible way - your way. Your spouse's way. Your family's way. Obviously then, you will need to make the template your own plan. You should change it however you need to, to make it your own. So, change, add, delete all the rows you'd like. But the Tunabudget Worksheet Plan template is all set up with the right fields to automatically add up the data, etc. Play with it, and change it around to meet your exact situation. All the estimated expenses, debts, and costs you list, are effectively "prepaid, on paper" from the projected income on the spreadsheet, by the estimated dates for receiving income. The worksheet is reviewed regularly and enables you to identify for you (and your companion) where you've been financially, where you're at today, where you're going for the next year or so. Once you get used to it, it's like building a set of railroad tracks, from which your train can't be derailed.



The Tunabudget Worksheet Plan is Your 'HOW TO' Plan to Get Where You Need to Be, Financially – The Tunabudget Worksheet Plan is always an 'ongoing process'. It will take hardly no time to get it 99% finished, but since it's always subject to change, updating, etc., it's always in draft form. The first part is to get the income and expenses to reconcile. It takes work. Changes may have to be made. As you consider changes, over the ensuing weeks and months, you adjust the numbers on the worksheet

accordingly. The Tunabudget Worksheet Plan is always in draft form and is never 'set in stone.' It should and will change as you regularly review and update the plan to keep it current. As you use the tool, you'll find that an internal recognition starts to take place. You will quickly understand and know from 'within' what changes in life must take place, be it for yourself, as a parent, as a spouse, and even with revised repayment proposals to your creditors, everything as needed. Your Tunabudget Worksheet Plan will clearly bring peace of mind and a strong sense of purpose, because you will have taken ownership of your current and future financial well-being. For you, it may become the most effective budget worksheet plan ever. It is completely private, simple to use, always in draft form, free of any material cost, and very, very powerful.

The Tunabudget Worksheet Plan Will Also Strengthen Your Marriage and Family Relationships –

Getting a couple on the 'same page' is certainly possible too. Usually, one spouse is inclined to prepare the Tunabudget Worksheet Plan, the other will not be so inclined. If there are concerns by either spouse, you simply adjust the outlook and corresponding numbers as per their ideas. You take a close look and see if that makes more sense. But you talk about it. Let it cool off for a while if need be. Come back with fresh eyes, and a more-clear head. Work the numbers up and sit down and communicate with each other, with facts, and adjust as needed until the right plan is in place. If you think you're right, think again. The best three words you can offer your spouse, particularly the woman, is: 'you're probably right.' Most of the time women are intuitively right, so listen carefully and save yourselves a lot of time and money? Of course, the Tunabudget Worksheet Plan is also be used to help satisfy creditors by finding the best debt repayment solutions, get and stay out of debt, save money, and become more financially secure and self-reliant. Bottom line, it allows you to see and understand more clearly your mental, emotional, and financial well-being so that appropriate changes can more readily be made by the stakeholders. Call it simple, but it will enable you to do hard things. Call it what you will, but it works. And it starts to work almost immediately. Once you complete your Tunabudget Worksheet Plan, you'll appreciate what changes you need to make, which can take, generally, up to six months to complete (i.e., time to sell a vehicle, a residence, new job, etc.) – whatever it takes.



The Miracle of Change. It Starts as You Fill Out the Worksheet

– Take your time filling out your Tunabudget Worksheet Plan. There is no hurry. Give yourself plenty of time. Start by listing everything you can think of (income, expenses, balances) as this will allow you to unload a ton of baggage on your mind. You can take a real ‘first breath’ as you build out the worksheet. Just relax, as the worksheet is easy to fill out. The ‘mechanics’ of doing so are in the next chapter, so be sure to go over that and pick up some tips. Even if you feel overwhelmed at first, by just

thinking about having to do this, trust me and just do your best – even if it’s not 100% accurate. Again, this is a process starting with ‘recognition,’ getting the turmoil out of your head and onto a spreadsheet. No more getting caught up in a spinning cycle in your mind on trying to find solutions in your head, with no sleep, and all the other contentious moments in life. Your Tunabudget Worksheet Plan will become one of your best friends, a prized tool that gives you full control of your life. As you fill out the worksheet, perhaps you are feeling very thankful for what you have. Or maybe you’re experiencing anxiety, frustration, and even anger. Look at these simple seven steps and experience how and why changes will take place. Go in order:

Take the First Step and Keep Going – Follow the seven steps, step by step to complete your first draft (of many drafts, always in draft form), of the Tunabudget Worksheet Plan:

- #1) *Assets* – Start by filling in the balance sheet assets. Keep it very high level and generalized as it’s only there for overall reference purposes
- #2) *Income* – List the ‘net’ income sources for the first month or so. You’re probably going to be thinking to yourself that ‘you’re being underpaid,’ and ‘there just is not enough money.’ That’s also okay. Trust me. All these feelings are normal. Regardless of what you’re thinking, keep going
- #3) *Expense Categories* – Complete the expenses category section. Use the template as a guide to get you started. Adjust the titles as needed, or delete or add any rows you want to. But put the expense categories in the best you can. Over time, you’ll adjust the expenses as you see fit
- #4) *Liabilities* – List all your liabilities and how much each creditor is owed. Look everything up if you must, to get good numbers. The big number (total) at the bottom may cause you to think: ‘I’ll never get this repaid,’ or ‘this will never work, there’s no use.’ These initial thoughts you’re experiencing are a good start to a very special process. A very good thing is starting to happen inside your mind. You’ll see the debt load and may start saying things like: ‘it’s not that much compared to so and so,’ or, ‘this is what it takes to live these days,’ stuff like that. Of course, many people will justify in their mind what’s there. That’s fine for now too
- #5) *Monthly Payments* – List the estimated monthly payment amounts for everything. Don’t worry at all about what the total is. Just put all the numbers in for each area. Note the grand total. You’ll start to think again, and you’ll express shock of how much everything costs. ‘Wow, that’s a ton of money,’ and ‘I’ll never be able to quit my job (or get fired)’

- #6) *Pre-Spend (Pretend Spend)* – Start to pre-spend the monthly payment amounts from each of the amounts up in the income section, by date. For example, if you have a monthly payment, divide it up over a couple of pay periods. You’ll literally start to ‘pretend spend’ your immediate and future income. Since you know the date for when payments are due, go ahead and pre-spend the income to cover each expense. You’re literally pre-spending your pretending to spend your future checks. Remember, this all about developing a plan, to see what works and what doesn’t work. Don’t get too excited if you see that there isn’t enough money to cover the expenses.
- #7) *Reconcile* – Adjust the numbers to get your income and expenses to balance the income and expenses, as best you can. In some cases, there will be excess income to dump into savings, or whatever. In many, many cases, there will be insufficient income, or too many expenses to reconcile and come out even. This is what the Tunabudget Worksheet Plan does for you. It literally allows you (and your spouse) to see that things don’t add up, and that changes will need to be made in either your income or expenses, or both. Hang in there, just start to take it in. Put it all on the back burner to cool off for a couple of days. Good things will soon be happening.

When the Change Comes, From Within



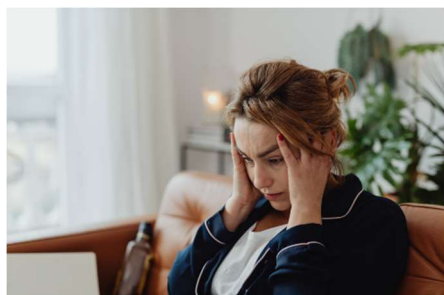
The Best Part of All – The Tunabudget Worksheet Plan is the most powerful budget worksheet plan in the world because of its ability to change your heart and mind. As you lay everything out on the worksheet, over time, there will come to you thoughts as to what you need to change, or do, to right-size your life. The worksheet numbers can then be adjusted accordingly. Changes may include things like determining to get out of debt over the next year or so (credit cards, auto loan, student debt). Or downsizing the

expensive truck and getting rid of the payments, resulting in lower insurance, gas, and maintenance costs. Maybe you’ll even decide to downsize the expensive house and using the equity to dramatically lowering housing costs into something smaller, and payoff debts. Regardless, the right answers to your budget needs will surface for you and your spouse; this is a ‘together’ experience, process for your financial well-being. There’s nothing more powerful than that. Thoughts will come into your mind as you ponder your ‘always in draft mode’ Tunabudget Worksheet Plan. You will probably, literally, be taking a walk or a shower, just waking up one morning, talking to someone, eating dinner, or driving to work, etc., when suddenly, a certain realization will pop into your head, and you’ll say: “oh my gosh, we need to....” That’s the special powerful miracle that takes place as you complete your drafted Tunabudget Worksheet Plan. So, it’s a process, not a one-and-done budget. It’s not a budget, it is a planning or change process. You will look back at the first phase where you suffered through the anguish of realizing the mess your finances were in as you filled out your first draft plan. Remember that the original plan is not your ‘final’ plan. There never will be, nor should there be, a final plan. Life changes, and you update the plan all the time, as needed. Being patient with yourself and your spouse, you finally come to realize that, with certain adjustments, change must happen. The changes you thought you’d never make may suddenly become totally exciting to make, if the changes will enable you to get the peace of mind that you need (and will soon experience). And in due time, your Tunabudget Worksheet Plan will become ‘stabilized’ where you more or less have the financial well-being you seek.

Looking back, you may see that you decided to sell that big truck that you never thought you could part with, or give up your golf game, or whatever. Maybe it will have meant that you would sell the house

you live in and downsize. The miracle part is to remember; you know that these changes came from within your heart and mind, and you will never, ever, look back. You forge forward and never look back. You will make the changes you wanted to make, from the heart. This is where peace of mind is restored, and financial well-being is achieved. Nobody told you what needed to be done. Nobody made these decisions for you. No, it came from within. What's more powerful?

Heads-Up – The Discouraging Hard Part That Will Lead to Excitement



Heads-Up – The Process May Have a Discouraging Hard Part Before Excitement Comes – As you create your Tunabudget Worksheet Plan, patiently study it out, especially if yours is a household plan. Deal with some of the ugly agony of the realization of where you are at. It's okay if it's messy. Don't take it too personally, or get over excited with it. It's 100% normal to feel overwhelmed. You're not the only one in this mess. Probably most people are in your shoes too but they don't realize it yet. As you complete your Tunabudget Worksheet Plan (always in draft

form, remember that), you'll soon begin to see how you got yourself there in this place, regardless of whether it's your fault. At this point, it can really become discouraging and hard. The answers just don't seem to be there, right? This process, however, is supposed to be a natural process. It may take a day or two, or a week or two, or a month or two for things to start to happen. The timing might also coincide with the 'natural-man pride' we all have inside of us. That goes for yourself and for your spouse if you're married. When it comes to your spouse, relax. Give your spouse some slack. This could be a big deal (pending changes) to this person, and one can expect that your spouse is doing his/her best, all things considered. Treat each other with the utmost respect and put their interests ahead of yours. It's only a draft plan anyway. It can be changed at any time. Listen, by asking questions of your spouse, what he/she wants to see happen and put those expenses in the plan for a serious look for a few days. Try it on for size. Ask each other is this what 'we really want' for us and our family. Ask yourselves if this is what we 'should' do, and whatever you do, never try to force any 'should do' changes onto your spouse. Instead, patiently wait it out. Generally, people want to have peace of mind, be happy, and the 'should do' changes may be what is needed. But your spouse is more important than any Tunabudget Worksheet Plan – so remember that. If you and your spouse have differing visions, go with your spouse's ideas first (let that be your argument). Bottom line, as a little time goes by, hearts start to soften, pride starts to leave, as people get tired of being miserable and being stuck in their old ways. The right answers will come to you perhaps when you're least thinking about it. But answers will come, from within your heart. You (and your spouse) will come to understand what changes need to take place. And, 'excitement will begin to blossom' in your collective minds and hearts. And you will clearly begin to see what changes need to be made and what paths you will need to take to get resolution, even if those actions seemed to be too difficult at first. You will know what changes to make without any question, and will in no way 'look back.' Talk about powerful.

To Recap – This first part can be messy and discouraging. This is totally normal. We have lots of pride and we can be very stubborn. In a marriage situation, you must work carefully with your spouse, because your spouse may not want anything to do with this process. The Tunabudget Worksheet Plan is always in draft form, and it's a process that should be given the necessary time to develop. It could take a week, or even a month or so. But once you get the worksheet to this stage, where you're staring at numbers that 'don't work,' step away from it and let it cool off on the back burner for a bit. Come back to it with a fresh set of rested eyes. See if there are some new feelings, and how your spouse feels about

it. As you open the door, you will (both) start to have thoughts that come as you recognize potential solutions you never thought possible. This is the powerful part of your Tunabudget Worksheet Plan experience. Potential changes are coming from 'within,' not from without. You are in charge. You come to accept that you are responsible. You must provide, you promised to repay, and you are now going to do it on your own new terms as best you can. You'll (together) become excited to make changes you heretofore thought you'd never be willing to make. Hope replaces despair.

Adversity – Too Much Debt vs. Doing Your Best



When Adversity Combines to Fill Your Ship with Too Much Water and You Are Sinking Fast

– Assuming you have way too much debt, debt whose burden is too heavy and is ruining your life. And you know it, but you are not sure what to do about it. It's ruining your life, your marriage. You fret and lose sleep over it. Perhaps the level of debt is overwhelming. Is it? Perhaps your debt load was acquired through some sort of adversity, being out of your control, or 'it just happened' (sickness, accident, etc.). Perhaps it comes because of you being unwise,

or should we say being foolish, or just plain stupid. Let's say, for you, 'it's just too heavy,' even overwhelming debt through some sort of adversity. This is important, so pay close attention. Are you letting adversity sink you? Are you in 'pity-party' mode, 'it's not fair' mode, 'nobody understands mode', or 'woe is me' mode? Or, are you taking it as an opportunity to have your feathers trimmed a bit, your tree branches pruned? Are you tossing out an opportunity to learn and become someone new that's beyond wonderful and beautiful, and all this because of your adversity? Could this burden of debt adversity be a blessing in disguise? Are you fighting it to the point you hate yourself, your spouse, your family, the whole world around you, and deity too? You do know that adversity pretty much strikes everyone, sooner or later. You do know that adversity can be a blessing to refine one's life if you'll let it. If your debt load is overwhelming through adversity (and maybe a combination of stupidity too), somewhere along the line you must realize that you own this indebtedness, regardless. It has become your responsibility, so deal with it on your Tunabudget Worksheet Plan as best you can. That, you or anyone else, can certainly do. It's called 'best efforts.' In most cases, you most likely got the bill in the mail. Or you borrowed money that has your signature all over it in writing, promising to pay. Perhaps you have accepted the liability and debt load, but you don't know what to do about it, or how to manage it. Well, now you know what to do about it. Keep reading.

How Do You Repay if Your Debt Load is Overwhelming? – Before we talk more about the solution, let's first talk about honesty and that giant debt load. Honest people pay their debts, and if they absolutely can't, they do everything in their power to do so, for as long as it takes. You are responsible for your debts, even the ones that come through adversity. What do you do if you can't repay your debts, per the original agreed upon terms, or any other terms? How do you account for every one of those debts when they add up to more than your capability to repay several times over? How will you eventually get those balances to a zero balance? First, use your Tunabudget Worksheet Plan. Go ahead and list every single one of those debts, and show the full balance and the supposed full monthly or expected payment amount on the worksheet. Of course, it will add up to more than the income, perhaps many times over. That's okay. List everything regardless of how hopeless it is. You need to see and feel the true weight of your current situation, so you can start to heal as you seek a resolution plan. This is the first step in gaining some sanity and peace of mind, even though at first it is totally discouraging, etc. Just fill it all out and see just how heavy this debt load is. Ponder it for a while. Let it rest and cool off for a few days.

Take that long-needed deep breath and relax. The creditors are not going to come and eat you. It's all finally out of your head and down 'on paper,' outside your body. Then, go back and start to pre-spend your future paychecks one by one, and adjust the 'spending' amounts (just leave the expected monthly payment amount alone for now). But start playing around with the numbers to try to get things to balance out as you pre-spend future paychecks. The intention though, is to have the spending amounts be the amounts you plan to spend from each source of income on a given date. But you say, it won't balance, right? Just adjust down the spending amounts until the income (paychecks) and outgo (spending amounts), are reconciled or balanced. Do this even if you must adjust your adversity debt to just \$1. If you have 10 adversity debts, if you must, put \$1 for each one and go back up from there until it makes sense to you. The next chapter will show you how to use your Tunabudget Worksheet Plan when negotiating with your creditors, so relax. It's not the end of the world. Just allocate or pre-spend your income to 'pay something' towards each of those debts, and get your worksheet to balance out. Of course, there may need to be other changes (maybe some big changes), but as you work through your worksheet, you'll begin to see for yourself what other changes need to be made. This is a process, not a budget. Give it time, and work it over and over again over the ensuing days or even weeks. The worksheet is 'always' to be in draft form. Sooner or later, as you launch your plan, do it with the personal expectation (good faith) that every debt you promised to repay will, in fact, be repaid over time. Think about the possibility to negotiate with your creditors to an equitable repayment plan that fits in with your plan. In the end, your Tunabudget Worksheet Plan will allow you to pre-spend your future income in a responsible and honest way to meet your needs and still repay your debts as 'best you can.' Can you see why giving this your best effort is all about being honest?



You Own It, so Accept It and Just Do the Best You Can – Again, this principle of being honest and transparent needs to be underscored, even the repayment of written off loans (at \$1/month if you have to). Since you promised to repay your debts, even if your debts fell upon you through some sort of adversity, it doesn't matter. You own it. So, accept it. And know that you will be paying for it on a best-efforts basis. And, because you have recognized and accepted full responsibility for it, sometimes you're just not able to repay it according to the

creditor's desired terms. That's okay. Life happens. The same could fall upon the creditor too. But you still must make good on it – as 'best you can,' per your Tunabudget Worksheet Plan. This approach lets you sleep very well at night, knowing that you've done your best. Keep in mind that you may not want to see all this at first. You may even refuse to even deal with it as it can be overwhelming. You need peace of mind so just do it anyway. Because you are honest, everything will go on the worksheet. If you have too much debt, you have too much debt. Just show it all and start to heal. You're not alone. Most people's plans are probably upside down too, and show a deficit. That's why people are living off credit cards, etc. Don't lose hope. Just do your best. But, do it.

Trust the Process – BIG Changes Can Be Made

Trust the Process. No Thinking in a Bubble. You Can Change and Fix This – Perhaps the greatest change, and this is why the Tunabudget Worksheet Plan process is so incredibly powerful, are the changes that take place within your own heart. Recognizing where you've been in the past, and how utterly gross (or heavy) your current situation might be at the present, you begin to see that something must change or your ship will sink. Your spouse realizes it too. Your children may realize it; they'll certainly feel something must happen, right? But you are wiser; you will trust the process. You start to realize that you

can make some simple changes at first. Maybe you could spend less on dining out. Or you could put in your Tunabudget Worksheet Plan a program to pay off a credit card, or even more debt. Or you could realize you have enough equity in your car to sell it and get rid of a car payment by paying cash for a used car. Or you could sell your home, payoff all your debts and start over, with the smallest house you can find. From spending less on dining out, to selling your home and getting completely out of debt, yes little to big changes can all be played out on your Tunabudget Worksheet Plan. It's just a plan, not a budget. You can create your future in your head and transpose it to the Tunabudget Worksheet Plan to try it on for size, see how it looks in the mirror. No harm, no foul. No more heated arguments with your spouse. It's time to fix this mess and be really happy. Before you know it, you'll be out of debt and saving money. You'll also become very close with your spouse, and your children.

Getting Rid of the Stress, the Anger



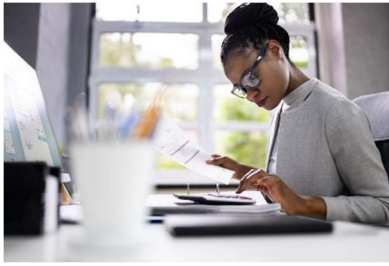
Getting Rid of the Stress, the Anger. No More Madness –

Which leads to the next benefit of 'trusting the process.' Are you tired yet of all the angst, the desperation, the anxiety, which always seems to lead to fighting, contention, and anger. Wouldn't it be nice to just feel normal again, at peace, secure, happy, and a few more laughs? The Tunabudget Worksheet Plan process, as you work through it over time, will stop this madness from being recycled in your head, over and over, causing you relentless stress.

You'll finally start to realize (be more humble) that changes need to be made. That making changes are okay, regardless of what extended family and friends may be thinking. When you look at the various potential changes on your Tunabudget Worksheet Plan, the recycled stress in your head starts to subside, as you gain some hope and start looking forward to new possibilities. Best of all there's less and less madness to be worried about, which will automatically get rid of the stress and anger. Suddenly, before you know it, you will likely rekindle the love and respect you had with your spouse on your wedding day, and much more. Again, replacing all the madness, you will start to see more clearly what changes need to be made. Over time, usually three to six months, the changes start to happen as you make well-intentioned changes and adjustments on your always-in-draft Tunabudget Worksheet Plan. Talk about powerful. And it didn't really cost you anything at all, right? What's better than free? For those marriages that keep separate books. All that can be said is that you're missing out, big time. Give it some thought about combining all the finances together. There's more happiness there if you do it right. There's nothing better than being 'one' with our spouse. The children will love it too. Get it done.

Your Spouse is More Important Than You Are

This is Not About You. Put the Interests of Your Spouse First, Ahead of Yours – Now, if you're married, remember this is not just about you. In fact, your spouse is more important than you are. Get it? Do you realize that? Did you notice there's no distinction as to if the spouse is the husband or the wife? Both should treat the other spouse as if he/she is more important than the other. Just go into this process putting your spouse's interests ahead of your own. It's like getting on an airplane. It doesn't matter who gets to sit up front closest to the front, to be the first ones to board and the first to get off the plane upon arrival. Relax, both parties are going to arrive at the destination at the same time. So, just see to it that your spouse is 'seated upfront,' so to speak. Give your spouse the 'first class' seat and treatment when you put together your Tunabudget Worksheet Plan. You can see what's being said here, right? If you're too prideful to put your spouse ahead of you, just accept it that way for the time being, and let's



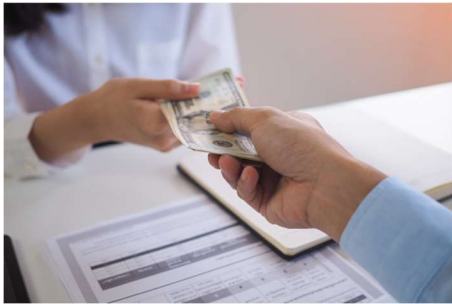
get going. Chances are everybody already know which spouse is the prideful one, right? But we digress. This process is really a two-way street when it comes to your spouse. The Tunabudget Worksheet Plan is a life changing experience, one that is meant to be closely shared. It affects everyone, including the lives of your children, if any. So, this is not about you, even though you might think, want, or worse yet, insist that it is. But it's not about you. It's about putting your spouse first.

Magic happens when either of you do it. Be the first one to start, by asking: 'how would you like to see this or that handled'? Ask: 'what changes do you think we should to in the best interests of our family,' etc. If you're ever going to have another argument, make it about who gets to put the interests and desires of the other spouse first, right? Anyway, it is so worth it to be incredibly patient, loving and kind as you counsel with each other. If you ever find yourself getting prideful or angry at all, stop, because you are now in the wrong. Period. Regardless. Sorry. If you're causing any contention in your relationships, raising your voice, arguing, you are plain in the wrong. Just say 'sorry' quickly with a sincere smile, and get back to work. As you go through this, the sooner you get yourself out of the way, tone it down, putting your spouse first, the sooner you're going to see great changes take place. Always put your spouse first. Goes for both of you.

There is No Hurry in the Tunabudget Worksheet Plan Process – There is nothing wrong with stretching this out over a month or even two. It's your life. It's your spouse's life. It will affect your children's lives. You now have a tool, a plan of getting all this fixed. It takes time. It may be a big deal that will require some big sacrifices to get to the necessary changes. These will be the changes that you two can now see because you've gone through the process. What was unthinkable a short while ago, it not only possible, but there's so much excitement to make the new changes. So, as you go through this process, and if your spouse is unclear about something, go back to the Tunabudget Worksheet Plan and ask your spouse what he or she thinks about it and what would they recommend. If a change in something is recommended, then put that change in the worksheet by adjusting the spending numbers. Let it simmer a bit, and then ask yourselves later if that is what you both want. If it isn't what you both really want, then give it some more time to think about it. Make another change or two. It's okay. If you're still at a deadlock, then change yourself first. You likely know that if you really want to help your spouse change, then you just need to first change yourself – so give it up. Give it a try. Be respectful. Remember, if you raise your voice and become angry, you're not treating your spouse with due respect, and you are in the wrong. When you find yourself in the dog house, quickly say: 'I'm sorry, it won't happen again.' When it does happen again, say: 'I'm sorry, it won't happen again.' When it happens... Keep trying. Don't ever give up. Your spouse is literally more important than you are. Be patient with yourself and with your spouse. There's no race here.

Tunabudget – Dealing with Creditors (Negotiating a Workout in Good Faith)

Dealing with Creditors



Getting Creditors Repaid Under Terms You Know You Can Repay

– Use your Tunabudget Worksheet Plan to show stakeholders and the creditors you owe money to, how and when you will, in fact, repay them over time. After all, the plan does show how much, and when how much will be repaid, and to whom. The plan is strong evidence that you have thought this through and that you know what you're doing. Stick to the plan, even if they counter-offer you and ask for more. They're just doing their job by asking for more. Show them that you intend to stick to the

plan. Tell them that the plan is your finest pitch, straight down the strike zone, because it is. Tell them to hit it out of the park, because that's your only offer. If they don't like it, then that's their problem, but that you're going to start sending them the noted payments. If they return your 'insufficient' payment, send it back with a copy of your Tunabudget Worksheet Plan, or otherwise send them a copy, and explain again what your intentions are. The negotiation tactic is your 'best pitch' so stick with it, and they should come around. You are completely honest with everything that's on the worksheet, right? So, when you get a counter-offer (any good creditor will always ask for more), but you can, should, and will defend the repayment plan. After some possible back and forth, they will quickly understand. In short order, creditors will become impressed with you because you've responsibly made the most of your income and have a legitimate repayment plan that's a clear as day. They probably have never seen anything like it, and will likely start sharing the Tunabudget Worksheet Plan to all their struggling borrowers too. You are a responsible debtor who has figured out how your debts, that which you promised to repay, will be repaid. Your Tunabudget Worksheet Plan should be refreshed regularly and closely communicated to creditors (reasonably) often, to adjust and improve the repayment terms. After all, you want to get out of debt and pay as much as possible to eliminate debt all together. So, commit to updating it and sharing it often. Because your pretend spend income is 'pre-spent' for a year or so, it will give creditors confidence you know what you're doing, and that updates with increased repayments can be made too. Your Tunabudget Worksheet Plan is a tool that all the stakeholders can take comfort in knowing that the 'fish on the end of the line' isn't going anywhere and the debts will be repaid under the terms you know you can repay.

Borrowers Can Get Pushed Around by Creditors

You Deserve Due Respect. Ask for it if Necessary – It's no secret borrowers can feel very upset with creditors where the borrower feels like the creditor won't negotiate in good faith. Their approach can be very heavy-handed, and overbearing (they may have been trained that way). Or, maybe it's because the borrower doesn't know what he's doing? Perhaps you, or someone you know, feels they've been treated, not as human beings, but as 'numbers on a report,' like a 'social security number,' or an 'account number.' Creditors need to (should) give you the utmost respect and dignity as human beings, especially when you are having a financial hardship where you're trying your best to repay your loan.

Creditors should know that as a person, or a business owner, you are not another 'number.' You should expect due respect, always, even when things get tough. If you're being mistreated, be sure to approach senior management and cite your concerns. You may even have to request a change of officers handling your loan. Just remember that the creditor is also a person too, and that both of you wake up each morning and get dressed just like the other does. Both have personal needs and desires. Everyone is taking on heavy responsibilities and (should be) managing their Tunabudget Worksheet Plans, or debt repayment plans as best they can. What can creditors do differently to give you, the borrower, the respect, and dignity you deserve?



Respect builds trust. The borrowing relationship was built on mutual respect and trust to begin with, else the extension of credit would not have funded. When the creditor treats you with respect, it fosters a spirit of cooperation, does it not? A cooperative and productive relationship is materially less expensive to the creditor and debtor, as opposed to an adversarial relationship. If necessary, set the right tone from the beginning with the creditor, that you value and appreciate the lender, but that you expect to be treated with respect too. Let them know that you intend on maintaining a healthy relationship, and that you and the creditor should work together in a cooperative manner at this difficult time.

A Borrower with a Problem Loan, is not a Problem Borrower

A Borrower with a Problem Loan, is not a Problem Borrower – Once again, while most creditors have conquered the complexities of cash flow, some lender's disrespect and treat borrowers who are having financial difficulties, not like human beings, but like objects to be tossed around at their discretion. Many institutions value 'respect' as one of its core values. But does that respect only apply to interactions within the institution, or does it also include their customers, you the borrower, who is now in financial trouble? It should, right? But does it really happen and is there a culture of disrespect when it comes to borrowers with problem loans? Creditors should put their selves in a borrower's shoes. If a creditor is in personal financial trouble himself, he too would experience the same high stress and mixed emotions you are going through. Great uncertainty is at play when debt loads are too heavy and need resolution. You may feel unsure of what will happen if you default on your loan, or even how you will make your next payment. How would your creditor, the person responsible for your lending relationship, like to be treated if he were in your shoes? Seriously. Think about it. Some creditors, dealing with borrowers experiencing financial stress, can easily forget to be respectful to you the debtor. Just because you have a financial problem, regardless of how it got there, doesn't mean you are a problem. You only have a problem on your hands, but you are not the problem. Let you, through your own Tunabudget Worksheet Plan be the solution to the problem you're dealing with. You are the only solution there is to your debt repayment. As such, you, deserve respect. As another reminder, be sure you're respectful too.

Full Transparency, Total Honesty is Required

Think Full Transparency, Total Honesty – For this to work, you must be completely and totally transparent, honest, sincere, and truthful, by listing all your household income, expenses, and debts, etc. Or, you might just want to postpone even starting making your Tunabudget Worksheet Plan until



you're ready. Because, otherwise, things could get ugly. It will remain ugly until you do it anyway, but doing this right is less ugly, as you'll see. If you do it right, then things should become beautiful. This is probably the most important standard when preparing for the Tunabudget experience. What does honesty really mean to you? Are you honest? And, when it comes to the Tunabudget Worksheet Plan, you need to know that it often starts out like an ugly 'collision' of sorts before it turns positive. After all, all the ugly debts and expenses

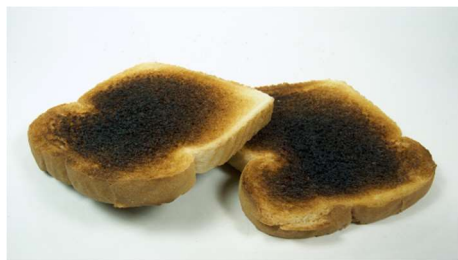
are going to become transparent, and who wants to see an overwhelming (sometimes) mess? When you line that all up with the income side, it can be bad. At this point, if you're heavily in debt, or have reduced income (which also makes everything heavy or bad), you want to 'get it all out there on the worksheet, and off your shoulders.' So, put it all down in writing, regardless of how bad it is, okay? Even if you don't have any income at all, and just debt and expenses, still, put it all down there. Why? Because this ugly picture needs to be cleared from your mind, and other stakeholders, to get a mutual understanding of reality. It literally needs to 'sink in' for a few days or so. This takes time. Let the original first draft, the ugly one, cool off for a while. Then, go back to take another look at it. Talk about it, together with your companion. Let it cool off again. Talk about it again, cool it off again. Start to get creative and ask yourself (or each other), what really needs to be done here to clean up this picture and make it beautiful. What changes really need to be made to make this Tunabudget Worksheet Plan work? Start adjusting the expenses and amounts around, play with the numbers, and see what starts to make sense, what changes need to take place to get this plan to make sense. Seeing it all written down is necessary to make the right changes. That's why you must be honest and transparent, by listing everything. No keeping any secrets from another person, any longer. It all must go on the worksheet for the plan to work. The right changes cannot possibly be made if you're leaving anything out. You understand that. Just do it. This is how the right changes get made.

For Those Who Are Not Taking This Seriously – To be even more clear, list every debt of the stakeholders in the household, all your actual expenses, and all your income, etc., even if you have to take some time and research the same. Nothing can be left off the Tunabudget Worksheet Plan, including old unpaid obligations. Every obligation needs to be listed. If you're married, you put it all on the worksheet for both spouses, including any family or personal loans. You do not hide anything from anyone. As a strict teacher might say: 'anything short of this and you get an 'F' grade.' If you are not fully transparent, you fail, and you may as well not even do it. This is about fixing everything so it all must be on the worksheet. It's okay to do this as you'll soon understand that is how you get 'everything' resolved, by needed changes that will soon come.

Again, it Bears Repeating – Sorry, but you need to go overboard in being honest and transparent in the Tunabudget Worksheet Plan. If this is getting old, hearing it at least three times, it must be pretty important. And it may take some time and work to complete this process – that's okay. It's not the end of the world if, at first, things don't look that good as you pile it all up onto the plan. You'd not be normal if your Tunabudget Worksheet Plan didn't 'suck.' It is an exercise that's intended for you (and your spouse) to see how bad (or good) it all really is. So, you put everything on the worksheet, and don't hide anything. If you have heavy debts and want to go the extra mile, list not only the creditor's name, but the address, account number, phone number, balance owed, and a contact name if available. List family debts, charged off debts, even bankruptcy debts. Put it all there, and all payment amounts in the payment column. This includes mortgages, credit cards, car loans, student loans, signature loans,

medical, dental, family debts, old loans, charged off loans, etc. The goal here is to get it all out of your head, and onto a single piece of paper, all of it. If you're not honest by keeping information held back from a spouse, you're just keeping the burden in your head. The pain and stress goes away once you get it out of your head and onto your worksheet. Isn't it time to get it out of your mind and off your chest, and onto a piece of e-paper so you can breathe? Yes, it's time to let it all go, right? If you don't want real peace of mind, then don't list it all. Let it sit there for a few days. Revisit it and talk about it. Rinse and repeat again until it's all in the plan.

You Lie, You're Toast



Creditors Can Smell Burned Toast From Afar – As for creditors and any needed modified repayment plans, realize that creditors don't have (or soon won't have) the time or resources to chase after everyone to repay the monies they're owed. So, what do you think they'll say when they see someone who demonstrates that they really know what's going on, how they're going to repay their debts, and offer reasonable best effort repayment proposals? Most creditors will work with you if you can show

them your documented support. They'll believe you because you're truly an honest person. They can tell from the tones in your voice, and from your Tunabudget Worksheet Plan. Here's a warning; you knew this was coming. If your plan is less than honest and transparent, you will get red-flagged as being dishonorable, a lack of moral character, or a flat-out liar (exaggeration intended). And if that happens, you're toast. Creditors can smell burned toast (fraud) from afar so don't blow your chance. Make sure your Tunabudget Worksheet Plan is completely honest and accurate, because they have great tools to verify. While they may have you complete and sign a Personal Financial Statement (PFS) on their form, to get attestation or certification language in place, you can supplement it with your Tunabudget Worksheet Plan, as the plan will confirm your ability to repay. Go in there with confidence because you know it is totally 'all there.' So, be completely honest with yourself, your spouse, and your creditors, and you'll be fine. If you submit a fraudulent plan, hopefully you get no sympathy from anyone.

Can Creditors Really Change Repayment Terms?

But, What About the Creditor's Terms and Conditions? – With your Tunabudget Worksheet Plan, you're offering a negotiated repayment solution that matches up with your overall ability to repay all your expenses and debts. That's exactly what creditors want to see, from the initial credit underwriting, and especially in a workout situation. Suppose you can't possibly make the regular required payments, and your plan shows you can pay a reduced payment. Your plan should show when the regular payment amount could be restored, if ever. But, are you really at an impasse? No, you're not. What can you really do? Since you have every intention to repay your debts, you will have to repay them on 'your' terms for the time being. Sorry, but that's just the way it is, assuming you're being honest. Your Tunabudget Worksheet Plan, once you've determined it's ready to go, is what it is. If you need to 'give a haircut' to the original repayment terms, then let that show on your plan and the reader can easily digest the reasons why. The stakeholders will readily see that your income, expenses, and debt repayments all balance out at the end of each pay period, well into the near term. Take your restructured repayment plan, via your Tunabudget Worksheet Plan, and give it to your creditors. Ask them to please change the original terms to the proposed terms on your plan. Yes, if you owed a payment of \$100 per month, and you're only able to pay \$50 per month (i.e., \$25/check), then present the plan to your creditors for the next six months until things change. Secured creditors (i.e., mortgages, auto loans) may be less willing to

negotiate, and you'll have to ask yourself if you're still in a home you can still afford – all things considered.

Creditors Should Deal in Good Faith with Their Borrowers



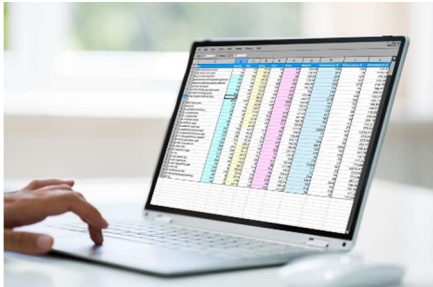
Dealing in Good Faith – This is a great fundamental principal that creditors should remember when a debtor is asking for payment relief via his Tunabudget Worksheet Plan. If you were the creditor, how would you describe what doing business in ‘good faith’ means when dealing with a borrower like you experiencing financial difficulties? Would not every party and stakeholder to the loan transaction expect such persons to act in good faith? Maybe it has something to do with being sincere, having good intentions, and what about being honest?

Certainly, when the loan was originated, all the parties to the loan were honest and adhered to the terms of the Promissory Note and any Loan Agreement. But why do many borrowing relationships become soured and contentious? Can the various parties, even when there is disagreement on proposed repayment terms and conditions, not exhibit respect and good faith during those negotiations? What if you become contentious and will no longer deal in good faith? What if the creditor loses his temper and wants to just foreclose on the collateral and put you into bankruptcy? The parties, including you, should carefully reread the Loan Docs (Promissory Note and Loan Agreement, to start), and highlight your rights and responsibilities under the terms of the loan docs. As you carefully read them, you will obviously see that the creditor ‘holds all the heavy cards.’ If you fail to keep your end of the agreement, the creditor is entitled to pursue its remedies to recover the exposure. That is just the way it is, and they have the resources to do it too (at least under regular economic conditions). But no one should be exercising heavy-handed maneuvers, and display an over-bearing attitude that may be construed as being a bully. Determine to give and receive the utmost respect and good will as you negotiate through the repayment process. The Tunabudget Worksheet Plan will likely be the bridge that can often divide the creditor and debtor. Use it in good faith and expect the same in return.

Tunabudget Worksheet Plan – The Mechanics

(The HOW)

Spreadsheet Concept



development of the plan, starting with 'assets.'

Electronic Spreadsheet – Use your favorite electronic spreadsheet. Start with a copy of the Tunabudget Worksheet Plan since it's all pre-loaded with a 'seasoned' formatting that has been used for decades. Make it totally your own. The rows and columns can be expanded or deleted, as desired. The titles and descriptions can be changed to fit your own categories too. If married, make it a consolidated plan. Keep it as comprehensive, simple, and basic as desired. Yes, there is a 'order' of inputs that will help in the

Assets

Assets – Start by filling in the balance sheet assets. Keep it very high level and generalized as it's only there for overall high-level reference purposes, so just use aggregated and consolidated asset classes and amounts. List the assets for both spouses. Or if you prefer, expand your Tunabudget Worksheet Plan, and make it as detailed as you want. After all, it's all yours anyway. Assets are an important part of the overall financial well-being picture for an individual and/or family. Listing assets on the Tunabudget Worksheet Plan gives you the ability to readily track, understand, and see what you have to work with when considering options to mix up the asset composition. You may choose to sell any of the assets to adjust down your liabilities and monthly expenses. You may also have equity and could downsize and reduce or pay off debt.

Income

Income – Start by focusing on listing each of the household's 'net' income sources for the first few months or so. The net take-home cash amount is to be listed. Be sure to include the income sources for both spouses. That's the amount you have available to spend to take care of expenses, debt repayments, savings, etc. You'll likely see a pattern that emerges of recurring income, amounts, all on given repeated dates (2x/month). Pay periods are for every date you expect to receive income. If you get paid twice a month, put those pay dates in the worksheet. If there are two incomes, and both get paid twice a month, put those dates in too. All income needs to be accounted for. Feel free to adjust the template to match up with the dates you expect to receive any income. Once you've been able to establish estimated income, together with the dates you expect to receive that income, you can copy/paste more columns out for the next year or so. Because you are pre-spending your life's income on an electronic spreadsheet, you can easily change any payment amounts with the copy/paste features. But, as you fill out the income section, you're probably going to be thinking to yourself that 'you're being underpaid,' and 'there just is not enough money.' That's also okay. Trust me. All these feelings are normal. Regardless of what you're thinking, keep going. Don't forget to add any dates and amounts for other (irregular) income, such as tax returns, bonuses, the proceeds from the sale of an asset, or whatever

may be the case. The Total Net (actual cash) Income will automatically add up all the income sources in each column. That income amount will then be used to reconcile against all expense sources, and the difference will be automatically calculated at the bottom of each column. This will enable you to adjust the payments down to where the income sources will match up with the expenses (reconciliation).

Expense Categories



Expense Categories – Complete the expense category section to line up all the expense types you have. Include expense categories for both spouses and the family. Of course, expand, change, or otherwise adjust, the title names to match up with your own situation. Use the expense labels from the Tunabudget Worksheet Plan template to begin with, as it has plenty of segmented areas to build from. Just change the label titles, or expense categories in order of priority or importance to you, if you prefer. Put together your own expense categories the best

you can, but be sure to list everything. Give them their own labeled names so they are readily recognizable to you. Boiler plate names are not that useful or personal, so, personalize them with their own names. Over time, you'll adjust the expense categories anyway, as life changes. It doesn't have to be perfect. It can and should be updated regularly. If you don't catch everything this time through, maybe you will next time. It's no big deal. It is a big deal to get it started and follow-up on subsequent drafts over time.

Liabilities

Liabilities – List all your liabilities, everything you owe to whomever and in whatever amounts. This includes your spouse debts too. listed all the expense categories that you have in your life, there's always plenty of room to list your whole life on there. List the full amount you owe as of the current date. Does it have to be 100% accurate on the first draft? Of course not. But, because you are going to be paying very close attention to debt levels, most people want to see the debt numbers down to the nearest dollar. So, you'll get there too, rest assured. Go ahead and look everything up if you must, to get good numbers. The big number (total) at the bottom may cause you to think: 'I'll never get this repaid,' or 'this will never work, there's no use even trying.' Don't be silly. There's a solution for every problem, even all of yours, yes, all of yours. These initial thoughts you're experiencing are actually a very good start to a very special process. And very good things will start to happen inside your mind, and what potential changes you may want or must make. For today, as you start this, however, you may go into 'justification' mode and start saying things like: 'it's not that much compared to so and so,' or, 'this is what it takes to live these days,' stuff like that. Of course, many people will justify in their mind what's there. That's fine for now too. Get busy and list all the liabilities.

Monthly Payments

Monthly Payments – List the estimated 'monthly payment' or spend amounts for everything that applies to you and your situation. This includes those of your spouse and for your family too (that you're responsible for). Don't worry at all about what the total is. Just put all the numbers in for each area, and it will add it all up for you. Then, note the grand total. You'll start to think again, and you'll express shock of how much everything costs. 'Wow, that's a ton of money,' and 'I'll never be able to quit my job (or get

fired), or find a better job.’ As panic possibly sets in, take a breath, and relax. If you must step away and calm down, do it. There is no race here. We’re not even to the fun part yet. List the expenses as best you can. Look at bank statements or credit card statements and see where you’ve been spending money for, say, the last several months or so, and note how much money is being spent in your expense categories. Loan payments should be easy to figure out, so list those. If all the debts are listed, then once they were repaid, you’d be out of debt, right? The monthly payments will include all the debts and all the expenses spent in each full month.

Pretend Spend, or Pre-Spend



Pretend Spend, or Pre-Spend – So it’s true that you like to spend money? Well then, the Tunabudget Worksheet Plan is right for you. Start to pretend spend, or pre-spend the ‘monthly payment amounts’ from each of the income amount column sections, by date. For example, if you have a monthly payment, divide it up over a couple of pay periods. Remember this is not a budget. It is more than that. The Tunabudget Worksheet Plan is just that, a plan, a process that you continually work through. You’ll literally start to spend your immediate and future income ‘on paper’

(spread sheet). Since you know the date for when payments are due, go ahead and pre-spend the income to cover each expense by its next due date. Make sure you allocate funds to cover the expense category and payment amount until the next income date/amount (paycheck). You’re literally pre-spending your future paychecks, but virtually. Remember, this all about developing a plan, to see what pretending to spend amounts (or pre-spend) fits, works, or makes sense. Don’t get too excited just yet if you are starting to see that there isn’t enough money to cover the expenses. Welcome to the 99% club.

- *When There’s Little to No Income* – Even during those difficult times of being laid off, sick, disabled, or when there isn’t an income all, the Tunabudget Worksheet Plan is exactly what you need. Maybe there are some limited unemployment checks coming in, or help from others. Whatever the income is, or isn’t list all of that. If it’s zero, put zero. It’s a very humbling time where there is no income coming in and you’ve reached rock bottom. Many a person has ‘found God’ anew, for sure. But to list it ‘all out of your head,’ where it spins around there in a circle, that’s way too much overload. It’s better to unload the full weight of the current reality, regardless of how dire it is, and let it disconnect from you. You know where it’s being stored, so it isn’t going anywhere. This way, you still own it, but it’s out of your head and is sitting there in the laptop, separate from you. Now relax, and know that you’re doing your best, and solutions will come as they always do. When there’s all negative balances at the end of each column, you might say: ‘well, would you look at that?’ You may start to laugh or cry, but it can just sit there for today, and tonight, and it will get revisited in the next day or so. Meanwhile, something special starts to happen (if you’re humble). New ideas will come to mind, and those will be the solutions you’ll pursue, with excitement, with hope. It will be contagious. If you go the pride, pity-party route, you’ll surely upset the apple cart. The choice is yours. The Tunabudget Worksheet Plan will have set you up for success and done its job. This is all up to you. You can do this. There is no doubt about it. Just be really, really humble and the answers will start to come.

Reconcile

Reconcile – The slick part of using a spreadsheet for a Tunabudget Worksheet Plan is that the columns automatically add up all the income sources, the expenses, and subtract the expenses from the income so you can readily see any surplus or deficiency amounts. Here, you finally get to play around with the numbers, creating new opportunities, like: ‘what if we did this, or that?’ Like, the grand slammer: ‘what could my Tunabudget Worksheet Plan look like if we did sell the house?’ You can even save different drafts for different scenarios that involved major changes like moving and selling assets. This can also include big upward (promotions) or downward (layoff) income adjustments. But, have some fun, even though it can be a challenging process because the numbers, like for most people who have heavy debt loads, will not add up. But work at it, play with the numbers. It’s only a draft, anyway. Adjust the numbers to get your income and expenses to balance as best you can. In some cases, there will be excess income to dump into savings, or to be used some other way (reducing debt). In many, many cases, there will be insufficient income, or too many expenses to reconcile and come out even. This is what the Tunabudget Worksheet Plan does for you. It literally allows you (and your spouse) to see that things don’t add up, and that changes will need to be made. Hang in there, just start to take it in. Put it all on the back burner to cool off for a couple of days if you need to. Good things will soon be happening. Your Tunabudget Worksheet Plan is your friend, not your enemy. Sooner or later, the ‘books will always balance,’ so step up and get this handled. If you’re married, and usually one spouse in the marriage likes to do the budgeting, fill it out, sit down with the other spouse, and listen with love and understanding. Listen to the spouse that hates this stuff. Adjust the worksheet as he/she would like to see it. Give it some thought and come back together and counsel together in love and respect. If contention starts to flare up, you’re in the wrong. So back off. Cool it down, and get control. There’s no hurry here. Give it time. Work together. Laugh and have some fun. Lead out with kindness and deference to the other spouse.

Addendum #1) Debt Crisis – The Problem

20 Risks That Will Soon Fuel a Serious Economic Downturn

NCARA.org, and tunbudget.com believe there will be a debt crisis here in the US in the near term, for several reasons (see the 20 risk events below). These risks outline the reasons for this crisis because of never-ending deficit spending at every level, everywhere, including consumers, businesses, and governments. The spending (debt) for these risks will ensure large structural deficit spending leading to a debt crisis that ‘no one’ wants to talk about or do anything about. As a result, overall debt levels are at overwhelming levels and are certainly not sustainable. While these risks are depressing in nature, they still need to be transparently debated so informed decisions and debt repayment solutions can be prepared. Otherwise, we have no one to blame but ourselves. So, bear with me – this is just the ‘downside’ case being made. The Tunabudget Solution, and Debtor-Proposed Repayment Solutions, provide the right answer to mitigate the effects of the downside case. These tools will help address the needs for small business (see NCARA.org) and the consumer (tunabudget.com). Finally, 2024-25 will be the beginning of times the likes of which we the people will hardly recognize. Things are going to change – big time. In plain English, enjoy this summary of 20 risk events that will soon fuel a serious economic downturn and debt crisis.

#1 – National Debt Levels

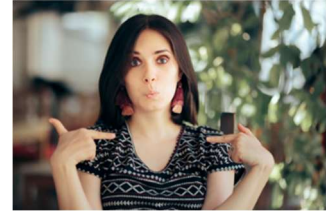
USA <small>(USdebtclock.org, Rounded, January 2024)</small>	January 1990	January 2000	January 2004	January 2008	January 2012	January 2016	January 2020	January 2024	January 2028
Total Unfunded Debt <small>(Trillions)</small>	\$14	\$27	\$38	\$51	\$57	\$68	\$82	\$97	\$109
Federal (National) Debt <small>(Trillions)</small>	\$3	\$6	\$8	\$11	\$16	\$20	\$27	\$34	\$46
Personal Debt <small>(Trillions)</small>	\$5	\$9	\$13	\$17	\$16	\$18	\$17	\$25	\$28
Mortgage Debt <small>(Trillions)</small>	\$4	\$7	\$11	\$15	\$13	\$15	\$16	\$21 (e)	\$24 (e)
Credit Card Debt <small>(Trillions)</small>	\$0.7	\$0.7	\$0.8	\$1.0	\$0.9	\$1.0	\$1.0	\$1.3	\$1.5 (e)

- America’s collective debt burden will increase and become unsustainably burdensome. The recent debt metrics are alarming, especially when we add in the US Government’s unfunded obligation of \$97 trillion (soon to be \$109 trillion) for entitlement spending
- 37% of Americans lack enough money to cover a \$400 emergency expense; for non-emergency expenses, 18% of Americans said the largest expense they could cover using only their savings was under \$100
- Just 24 years ago, in 2000, the total debt per tax payer was \$53 thousand; it is now \$264 thousand, and soon to be \$332 thousand

- There will be other disruptive risk events that will be widely felt between now and sometime through 2025; the result will be a debt crisis

#2 – Consumer Debt Spending

- We the people have become less disciplined, more selfish, and have a plastic ‘buy it now, pay it later’ attitude. We have a ‘covetous’ desire for more wealth and possessions, especially for automobiles and larger homes. With that came large installment and mortgage debts, and a more and more, and a me, mine, myself, mindset has set in
- In 2000, mortgage debt totaled \$7 trillion, and just \$4 trillion 10 years earlier in 1990. Today, mortgage debt is \$19 trillion, a 271% increase in just 23 years. Similarly, total personal debt, which includes mortgages, increased from \$8 trillion in 2000, to \$25 trillion in 2023, a 313% increase, expected to increase to \$27 trillion in the next few years



#3 – Deficit Spending

2031 (e)	\$2.3 trillion	2026 (e)	\$1.7 trillion	2021	\$2.8 trillion
2030 (e)	\$2.1 trillion	2025 (e)	\$1.8 trillion	2020	\$3.1 trillion
2029 (e)	\$1.9 trillion	2024 (e)	\$1.6 trillion	2019	\$984 billion
2028 (e)	\$1.9 trillion	2023	\$1.7 trillion	2018	\$779 billion
2027 (e)	\$1.7 trillion	2022	\$1.4 trillion	2017	\$665 billion
2027- 31 (e)	\$9.9 trillion	2022- 26	\$8.2 trillion	2017- 21	\$8.3 trillion

- The annual trillion-dollar plus deficit spending from 2020 through 2031 totals \$24 trillion in new debt in just 11 short years
- One honest question to ask is how will the debt be funded, or at what cost? The US Treasury will need to issue new debt instruments to cover these deficits. But, unlike the past when interest rates were much lower, what interest rate will investors bid at the upcoming Treasury bond auctions, not if, but when they finally come to realize that such deficit spending is not sustainable?
- The US Government is going to have to print even more new monies to cover its gargantuan deficits, besides the rolling over of trillions of low interest rate bonds at higher interest rates. Interest rates will also continue to remain high for even a longer period, which will exasperate the cost of serving existing debt
- The deficit spending addiction the US is experiencing can only result in a debt crisis, because it has not been nor is it sustainable. Hardly no one is willing to talk about it, because most know that the fix is in. We the people cannot make it without relying on debt

#4 – Debt Crisis

- The debt load is too heavy. The pending debt crisis is probably the most predictable crisis event society has ever seen, but nobody can see it, or they do see it, but refuse to even talk about it
- A debt crisis could lead to a depression (severe economic downturn). Since 2000, the debt/GDP ratio has increased from 56% to 122% in 2024. That is an increase of 217%. It is increased two-



fold in just 23 years. Does anyone believe that the US Government will cut its spending, ever? It cannot stop at this point without triggering an economic crisis

- The massive build-up in public debt is not sustainable. How in the world will any meaningful amount of the debt be repaid, or even serviced with interest-only payments, given higher interest rate environments that will come? Deficits can't go on like this
- US Government leaders and officials, I believe, are not serving the interests of the people, but rather, are being political and even misleading America
- If you look back to the Great Recession in 2008, where were the economists arguing or pointing to a pending recession or even a depression; officials later confirmed a depression was averted?
- What are the chances we could be on the brink of another Great Recession or depression? After all, we have just been living off a giant credit card that is unsustainable, and a debt crisis is closer than ever

#5 – Inflation / Stagflation



- In response to the Covid19 pandemic, the US Government spent roughly \$5 trillion which contributed to strong economic demand in a period of supply chain disruptions. This, and the tight labor markets created upward pressure on wages and prices, along with other events
- In the 2020-23 period, inflation gained traction at 4.2% in 04/2021, increasing to 9.1% in 06/2022, and falling to 3.4% in 12/2023. Interest rates were increased 15 times during this period to bring down inflation
- Taking the average inflation rate from the 2021-2023 timetable, you would have 4.7%, 8.0%, and 4.1%, respectively. For example, if you have \$1 price in 2021 at an average 4.7% inflation rate, at the beginning of 2022 the higher price starts at \$1.05. Adding another 8% for the second year pushes the price higher to \$1.13 at the end of 2022. Adding another 4.1% inflation for the third year pushes the price higher to \$1.18 at the end of 2023
- When the next event takes place, many more people will start to realize the US Government will just spend trillions more, and we would likely see more or heavy inflation

#6 – High Interest Rates

- The Fed Funds rate was kept purposely low at or near 0% from 12/2008 for the next 10 years, peaked again at around just 2% in 07/2019, and then dropped back to near 0% in 04/2020 at the time when the Covid19 pandemic picked up. In my opinion, the 10-year period of ultra-low interest rates was not warranted. The Federal Reserve Bank politicized its monetary policy by not raising rates



sooner. I believe interest rates were intentionally kept low to stimulate the economy 'much longer' than was needed

- The Covid19 panic helped fuel an asset bubble in housing pricing, together with trillions of dollars in deficit spending and more stimulus. This created inflationary pressures, where in 06/2022, US inflation hit a 40-year high. I would argue that the Federal Reserve Bank juiced the economy much longer than was necessary, and thus had to raise interest rates sooner, higher, and longer than most people expected
- Where is the real voice of the Federal Reserve Bank? Why is it in a position where it had to raise interest rates so high, so fast? Why did not Congress and the Federal Reserve Bank scream and demand over the last 20 years the US Government get on a budget, stop the deficit spending, issue warnings, anything? They just always ask for and print more money. And, now we the people find ourselves in a predicament that will lead to a debt crisis
- It is estimated that the interest cost has now reached nearly \$2 billion every day, clearly an unsustainable course that is more than likely to increase and get worse, which makes it increasingly unsustainable. Interest never even takes a nap, not for a single minute
- Anyone who argues that we can still afford the interest payments will go away silently some day when there is another massive interest rate shock (debt crisis) and we all go into default and restructure mode. The first question they need to be asked, should be: "where was your warning voice before we got into this mess?"

#7 – US Government Default



- When the musical chairs game stops, the US government will default on its debt repayments, and print and borrow even more money, leading to high inflation and higher interest rates
- Default will take the global economy to new low places, with global debt restructurings through seasons of financial forest fires
- The standard of living will shrink as people are forced to live within their means, including drastic cut-backs in government spending and services. Renegotiated debt repayment terms with its creditors will need to take place, everywhere
- We the people are in trouble if we do extend the debt limit, and in trouble if we do not. That is the point. We will be having a debt crisis in the near term. How can we not?
- The deficit spending and debt levels are not sustainable as default conditions are only increasing daily. If you do not increase the debt limit, you are just going to start the default period within weeks of the debt ceiling expiration date (freeway landing). If you increase and extend the debt limit, you are just postponing the inevitable (mountain side crash)
- We do not even want to have a real conversation and hold people accountable about repayment default risk, because it is time to 'get back to the football game and the grill.' Life is

good until the party is suddenly disrupted and people are caught unprepared. That is what is coming, and frankly, we the people will get the consequences of our choices when it comes to the burden of overwhelming debt. The day of reckoning will come soon enough as a complete shock to most people

- Then comes the fighting, blaming, contention, and so forth. We the people, we who should have known better, will be 'naked when the tide goes out,' embarrassed and hopefully full of shame. Others will be wandering around, upset, confused, dazed, and perplexed because they did not see it coming. Most will likely panic, and some will act dumb or innocent for having been caught being heavily in debt.

#8 – Banking System

- When Silicon Valley Bank collapsed in 03/2023, as well as Signature Bank, US regulators took action to prevent a banking crisis by backing deposits above the \$250,000 FDIC insured threshold at these banks. Noting the fragile banking system, US Treasury Secretary Janey Yellen took additional measures by saying the Government could step in to guarantee deposits at other banks if they posed a threat to the banking system
- Many bank stocks experienced a sharp decline at the time in 1Q2023. Assets at regional banks, in particular, lost value in the rising interest rate environment, as existing loans and bonds at low interest rates had embedded losses in them (if they had to be sold to raise liquidity to cover deposit withdrawals on bank runs) as investors were looking at assets subject to higher interest rates
- Interest rates remain high, which affect the value of bank assets. Banks have, in many cases, failed to adequately manage interest rate mismatches on their balance sheets. They did not sufficiently match fund their loans with the cost of their funds on deposits. A bank run will force the bank to sell its assets (low interest rate securities and loans) to have sufficient liquidity to cover the deposit outflows
- The Federal Government's intention to guarantee uninsured deposits indefinitely is unrealistic at best, which may result in low confidence from uninsured depositors (depositors with balances over \$250,000 that are not insured or guaranteed by the US Government). How safe and reliable, really, is the \$250,000 deposit insurance during such crises?
- \$203 trillion In derivatives held by Goldman Sachs, JPMorgan and other top banks is like playing a game of musical chairs, where the risks become increasingly higher and higher. Even experienced professionals do not fully understand the risks involved with derivatives, future contracts on commodities, option trading on stocks, currency swaps in foreign exchange markets, mortgage-backed securities (MBS), interest rate swaps for banks, credit default swaps (CDS) on bonds, and more. Do not forget in the 2008 financial crisis there was widespread use of these extremely complex financial instruments, like derivatives, which contributed to the severity of the economic downturn. Just like in 2008, the music will stop some day



- The entire derivative market has potential risks, including complexity, lack of transparency, potential for speculation, leverage concerns, concentration risk, counterparty risk, historical precedent, and delayed crisis recognition (think 2008), regulatory challenges (gaps)
- Interest rates will be high, and likely be triggered even higher for any number of a host of reasons, at any time. What are the chances these risks will not trigger more government spending, higher inflation, and higher interest rates to combat the same?
- High interest rates will plague banks with their embedded losses on low interest rate loans and securities they hold. They will eventually have to pay (high) interest on their deposits for customers to not pull those deposits. So-called 'sticky deposits will become slippery (deposit flight) and money will quickly move out of some banks with all the online tools currently in place. This will create an environment of more downward pressure on some banks and lead to more bank runs and failures in the near term



- Many banks will quietly raise their hands looking to sell
- Commercial real estate (CRE) loans will continue to come more into focus too, as such loans will experience higher interest carry costs when (and if they can) they are refinanced at higher rates, as well as increased operating expenses. Capitalization rates will increase and values will continue to be reduced, thus enabling vicious downward spiral cycles. Even heretofore safe bubble markets like those in Hawaii will not escape these risks and will also be materially impacted
- Credit repayment risk will increase for regular commercial loans, but especially the CRE office market where billions in loans are underwater. Such loans are subject to refinance risk at much higher interest rates, while experiencing high vacancy rates due to remote workers not being in the office
- Pricing for risk, in a higher refinance interest rate environment will further expose banks to potential impairments (losses). Kiss the dividends good bye, and downward pressure on bank stock valuations
- Banks will begin to sell CRE secured debt at discounts, demonstrating their own lack of faith in the CRE market. The higher the interest rates, the lower the collateral property values, and the higher repayment default risk
- The regulatory agencies will sharpen their pencils to ensure prudent credit risk management practices are accounting for all this action. All these forces will likely create a wave of merger and acquisition deals for acquiring banks to survive

#9 – Geopolitical Tension

- What are the far-reaching consequences and costs of geopolitical risk? Regional risks are everywhere. Where is there not political, social, economic, and now territorial issues that are ripping apart delicate international relationships? They include:



“confrontations, conflicts, crises, instabilities, civil wars, territorial disputes, and currently include Russia/Ukraine and NATO, Israel/Palestine, Taiwan/China, South China Sea, Myanmar, India/Pakistan, Afghanistan, Iran, Yemen, Iraq, Nagorno-Karabakh, Syria, Lebanon, North Korea, Somalia, Ethiopia, Sudan, South Sudan, Democratic Republic of Congo, Central African Republic, Libya, Western Sahara, Venezuela, Haiti, and Mexico” (Council on Foreign Relations, Global Conflict Tracker, 02/02/2024)

- International disputes on boundaries on the land and in the sea are emerging. Trade wars will increase tensions that include restrictions and tariffs on shipped goods
- Military conflicts will cause different countries to have to take sides, with possible sanctions and other diplomatic measures being set up to punish the so-called adversaries
- Uncertainties will increase in the North Atlantic Treaty Organization (aka NATO) relationship with Russia, and with the very complex relationships in the Middle East with countries like Iran and Israel as evidenced by recent missile strikes
- There will be nuclear tensions on the Korean Peninsula with North Korea’s nuclear weapons program
- There will be disputes over control and access to energy resources like natural gas and oil reserves
- Cybersecurity risk will increase and become a major concern that will strain diplomatic relations between the US and China
- The cost of taking care of refugees fleeing from one country to another, including illegal migration, will only increase

#10 – Global Supply Chain



- We are just too used to there always being plenty of goods everywhere, always available, and at reasonable prices. Much of the world’s shipped goods will be challenged due to hostile actors in the Red Sea and drought conditions in the Panama Canal. We will be found taking for granted the abundance of goods everywhere we look

- While the current global supply chain risk seems to be of some concern (i.e., moderate risk), the risk will, likely, escalate to high risk, and there be additional

stresses added for the availability of goods. With high-risk geopolitical tensions, many will stare in disbelief at the bad actors who purposely disrupt lawful shipping with violent attacks

- Increases in US military action will stir the emotions in Congress in using war authorization powers with the US having to protect foreign shipping vessels at whatever cost it takes. All but about 3% of US imports and exports are shipped on foreign vessels. This will not only cost the US military budget to be overextended, it will contribute to higher inflation, especially when things get out of hand

#11 – Political Polarization

- It is not hard to estimate that political polarization will increase throughout the global community in the future, as well as in the US. In fact, likely, one must ask, how it could it not only increase?
- Political polarization will continue to build in 2024-25, resulting in extremism, intolerance, rejection of social order, new radical ideologies, possible revolution, political violence, social unrest, disruption in global supply chains, and, of course, protests everywhere
- The atmosphere will become more divisive with a more confrontational social environment, values will be questioned, new ideologies will affect your personal freedoms and an individual's rights. The result will be more uncertainty, disruptions to daily life, heightened tensions, and large peaceful (and many violent) protests to effectuate change
- Nevertheless, we the people will stick with peaceful voting and activism to express our opinions, while a few will not, but the overwhelming majority will. There will be a strong sense of 'community,' to help ensure we honor and respect the rule of law, 'with justice and liberty for all.' Good people, everywhere, will step up and do the right thing



#12 – Terrorist Attacks



- Terrorism risk will increase, including lone-wolf terrorists
- Are hundreds or even thousands of terrorists-minded individuals illegally crossing into the USA each month in the 'ones-that-got-away groups? When push comes to shove and before they are arrested, will these people resist and commit acts of terrorism against the US and its citizens? Are any of them aligned with State-sponsored terrorist groups?

- No one can dismiss that with well-funded resources and advanced planning, well-coordinated and State-sponsored terrorist attacks will happen, regardless of how well anyone is prepared to counter these risks

#13 – Housing Insecurity

- Housing insecurity is already an increasingly high-risk matter, and will continue to be in the near-term for 2024-25
- The fundamentals of housing, say a mortgage or rent payment that equates to about 20-25% of one's gross income, will be stretched. Many people already have their 'housing ratio' much higher, and that may include two incomes combined. Pressures to increase rent will continue in 2024-25 until the market place says it is too much
- Housing affordability will continue to get out of hand, and many people will struggle to pay rent, and even those who have low interest mortgage payments. The cost of everything jumped since inflation started ramping up since the Covid19 pandemic and all the government spending. Most prices will remain high and budgets will be stretched for the consumer, the small business owner, and so on
- Homeowners with low fixed interest rates will not be inclined to sell their homes, which will help dry up housing inventory available for sale, keeping upward price pressure on inventory that does make it onto the market
- Distressed people/sellers (divorce, job losses, sick, etc.) who must sell, will be forced to sell. Distressed properties will also go on the market and likely sold as-is (fixer uppers)
- People will demand the US Government to step in and help make housing more affordable. There will be more subsidizing vouchers, along with rent controls installed. More low-income housing subsidized by the local tax payers, will be funded
- People will be resigned to becoming long-term renters, with younger generations most willing to rent and work remotely in areas with lower costs of living
- When homes do become available, corporate America will actively buy up homes and pool them into rental property investments, thus making it even harder for others to buy their own first home
- The US Government will have to step in and help solve the housing crisis already underway to find refuge for some 8,000,000 to 10,000,000 illegal aliens who have crossed over into the US in the past few years. Some of the States are bearing the burden of trying to make accommodations for these people, but are demanding help from the US Government



- Hawaii will be asked to shoulder its 'fair share' for housing and help take care of the millions of illegal immigrants
- With housing insecurity will come mental, emotional, physical, and even spiritual breakdowns. Such measures will (often) lead to more divorces, and the disruption of the family unit. More homelessness will ensue, which will lead to even more issues

#14 – Energy Security



- Using common sense, we live in a world where global interests are in conflict. The risks to energy security will continue to increase in 2024-25. Whether or not there will be oil shortages that increase inflation, bad actors are and will certainly try to perpetrate cyberattacks on the energy sector in the US. There's just too much geopolitical tension for there not to be such activities
- Extreme weather events will likely continue as Mother Nature never ceases to amaze anyone
- Supply chain disruptions from areas in the world that export energy resources, will increase and add pressure to price inflation of many other goods
- The transition to renewable energy sources will be a while before they are sustainable. Meanwhile the transition to those sources will be subject to political, and hopefully much public debate over the costs, who will own and regulate those resources, where they will be stored, and whether the US should rely on other countries to supply the underlying minerals needed for renewable energy. It will be a 'messy' fight

#15 – Natural Disasters

- Everything is becoming fragile, complex, and interconnected, from living organisms, plants, animals, soil, rocks, minerals, water, and the air
- There is a 99.99% chance of there being natural disasters in the near term, where we will see more human suffering and loss of life. The financial price tag will also be very large, in the billions
- When the stakes are high, everyone will band together and the best of humanity will do what it takes to alleviate human suffering
- The system of aiding victims of natural disasters will become increasingly stressed, including local and State agencies, State governments, Federal assistance, and even nonprofit organizations



- Due to the high cost of addressing natural disasters, eventually, we the people will step up and take care of each other and those most in need

#16 – Public Health, Well-Being



- We the people largely want drugs, regardless if they are unhealthy legal addictive drugs such as alcohol and nicotine (smoking), or illegal (Federal) drugs like marijuana or other drugs
- Pornography, another addictive habit, is also destroying people’s souls and busting up their families and finances
- “Among people aged 12 or older in 2022, 59.8% (or 168.7 million people) used tobacco products, vaped

nicotine, used alcohol, or used an illicit drug *in the past month*

“In 2022, almost 1 in 4 adults aged 18 or older had any mental illness in the past year (59.3 million or 23.1%); 1 in 20 adults had serious thoughts of suicide in the past year (13.2 million or 5.2%), 1.5% (or 3.8 million people) made a suicide plan, and 0.6% (or 1.6 million people) attempted suicide in the past year

“Among adolescents aged 12 to 17 in 2022, 19.5% (or 4.8 million people) had a past year major depressive episode; Over 1 in 8 adolescents had serious thoughts of suicide in the past year (13.4% or 3.4 million adolescents), 1 in 15 made any suicide plans (6.5% or 1.7 million adolescents), and nearly 1 in 25 (3.7% or 953,000 adolescents) attempted suicide in the past year”

– (SAMHSA Announces National Survey on Drug Use and Health (NSDUH) Results Detailing Mental Illness and Substance Use Levels in 2022, US Department of Health and Human Services, 11/2023)

- Over the next couple of years, despite millions with excellent health, the overall health of society will continue its negative trends. So many of our families and neighbors need help. However, we the people, largely, do not care anymore, and people won’t speak up and opposed addictive substances. We are an increasingly addicted ‘off to the next party’ bunch to say the least
- Trillions of dollars will be spent throughout the world to address these health and well-being issues

#17 – Cybersecurity

- Cyber warfare, digital attacks on personal, business, and government computer systems and networks, will increase in 2024-25. This includes cyber tools, like bots, trolls, deep fakes, and the dark web. As geopolitical tensions rise, so will the cybersecurity threats, with more attacks



- As soon as cybersecurity defenses are in place, the bad actors will systematically work to penetrate these walls. If they cannot get through them, they will go above them, or around them, or below them, but they will not stop trying. Technological tools will be used for both good and evil purposes. Dark forces will seek to deceive, lie, and manipulate to impair the rule of law
- With billions of people participating in the global elections in 2024, people will demand transparency and accountability in the entire electoral process
- Cybersecurity risk with China will become an increasingly high threat risk to mitigate

#18 – Inequality in Wealth and Income



- “Americans said it takes an average net worth of \$2.2 million to qualify a person as being wealthy. (Net worth is the sum of your assets minus your liabilities.) People with the top 1% of net worth in the U.S. in 2022 had \$10,815,000 in net worth. The top 2% had a net worth of \$2,472,000. The top 5% had \$1,030,000. The top 10% had \$854,900. The top 50% had \$522,210.” (Are You Rich? U.S. Wealth Percentiles Might Provide Answers; Kiplinger Personal Finance, Neale Godfrey, 06/16/2023)

• “The wealthiest Americans have never owned so much of the stock market, with the top 10% now holding a record 93% of US equities. Americans broadly have been participating in the stock market at a higher rate, with a record 58% of households owning stocks in 2023; the bottom 50% of Americans owned just 1% of all stocks and mutual fund shares in the third quarter.” (The wealthiest 10% of Americans own 93% of stocks even with market participation at a record high; Jennifer Sor, 01/10/2024)

- It is doubtful that anyone would think that, throughout the world, the rich are not getting richer, and the poor are not getting poorer. What could possibly go wrong with something like this when the US experiences a debt crisis?
- In 2024-25, these asset classes, well-supported by asset bubbles from inflation, will take a hit, possibly the likes of which we have not seen in modern times. It is only a matter of time
- We the people will continue to believe that more and more stuff means more happiness, when it generally results in the loss of the most precious and important things in our lives. Money will give pleasure, but not happiness. Such will continue to be the trend in the near term

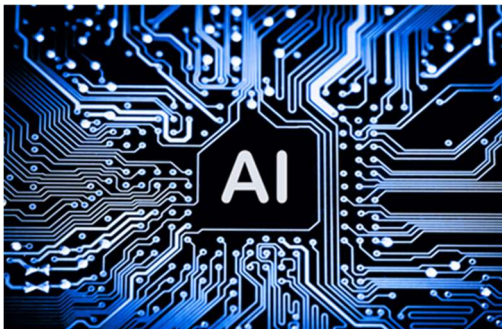
- Down the road a bit, there will come a time when those with wealth, the ones that understand what the highest and best use of it is, will use those resources to assist those who are poor and less fortunate. And for those who cannot take care of themselves at all, we the people will take care of them ourselves. Those that want none of that will simply build up their fortunes unto themselves, and when they die, they will leave it all here anyway

#19 – Labor Market

- On paper, the job market looks solid, strong, and surprisingly resilient. Under the cover in reality-land, however, unemployed people will find it increasingly difficult to find a good job, with only a handful of employer responses from dozens of applications. Burnout will increase in the near term
- The story of the low unemployment numbers will be questioned due to the low job numbers yet the difficulty finding good jobs becomes a concern. There will be a call for transparency when it comes to how many people are working more than one job, the number of government jobs and not private sector jobs used to pay for government jobs, retirees working longer to support their fixed incomes, the number of hours people are getting each week, jobs with any benefits, and the number of full-time vs. part-time jobs being offered
- High and now lower (but still) inflation has resulted in high costs or prices, which will continue in 2024-25. Wages will not keep up for the time being due to the so-called resilient job market
- The remote, or hybrid remote work environment will continue for the near term. The employee still has an advantage for the time being. Hopefully it will help strengthen work-life balance. Employers will push for more office time to build up fact-to-face knowledge sharing, collaboration, and mentoring other employees, to add long-term value to the enterprise



#20 – Artificial Intelligence (AI), New Technologies



- Concern over the impact of AI in disrupting election outcomes will be a very big risk for the 2024 global governmental elections for billions of people
- AI-powered solutions will be used to streamline operations and increase productivity in healthcare, transportation, manufacturing, retail, and finance
- AI and new technology risk will be disruptive for many good paying jobs in science, technology, engineering, and mathematics. The world is evolving and transforming with new technologies. It will change more quickly than most people realize

- AI may be coming after 300 million jobs globally. “The International Monetary Fund warned that nearly 40% of jobs across the globe could be affected by the rise of artificial intelligence, with high-income economies facing greater risks than emerging markets and low-income countries.” (IMF warns AI to hit almost 40% of jobs worldwide and worsen overall inequality, Sam Meredith, 01/15/2024)
- Everybody knows that bad actors (individuals, groups, governments, etc.) will use these wonderful tools in evil and nefarious ways. They will use them to get power and control over others at any cost. Which means, most certainly, the US will spend countless billions of unbudgeted dollars to defend and protect its national security interests
- Military applications will obviously become more enhanced, thanks to the billions being spend on national defense
- How to govern AI will be a major undertaking, as policymakers and other organizations try to come up with guidelines, standards, and even regulations
- Upcoming technologies will include blockchain, quantum computing, and biotechnology

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Addendum #2) Purpose

Dedication

To everyone, everywhere, who is experiencing (or may yet experience) the heavy burden of debt; those that are searching for debt repayment solutions, financial peace of mind, and well-being.

Mission Statement

To do good business, share good fruit, build true friendships

Principal / Founder

Jerry Staker founded the following companies:

- National Credit Awareness and Resolution Association, Inc. (NCARA.org) for small business, in 2020
- Tunabudget LLC (tunabudget.com) for individuals and families, in 2020
- Credit Risk Management Advisory, LLC (CreditRMA.com) for creditors, in 2023

The following points may be of interest:

- Birth: 1960
- Residency: Utah, Rhode Island, Arizona, Hawaii, Kentucky
- Family: Married, four children, five grandchildren
- 40+ Year Career: 28 years in commercial banking at community and regional banks: Workout Loans, Credit Review, Director/Credit Management Group; 12 years Creditor Supervision & Regulation (Commissioned Creditor Examiner – Federal Reserve Creditor of San Francisco)
- Interests: Walking, traveling, gardening, writing, music, family, service, journal writing, family history work, fishing, feeding birds
- Hobbies: Earthquakes, volcanos, tornados, solar, water, wind, astronomy, consumer finance, politics, personal life histories, sunny beaches
- Ambitions: Sing, play Ukulele, under 200 lbs.