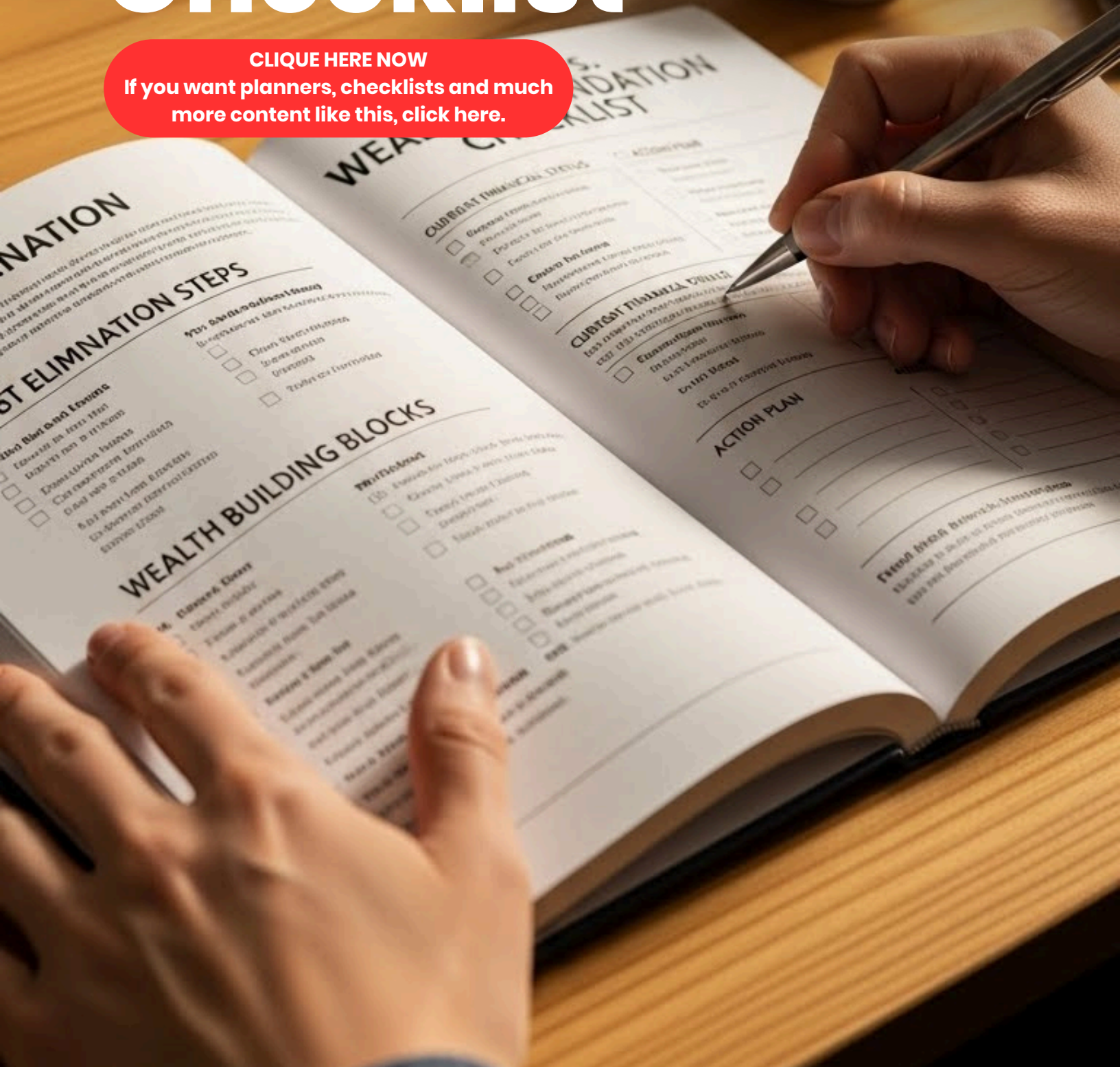


# Wealth Foundation Checklist

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# DEBT EXIT vs WEALTH FOUNDATION CHECKLIST

## # DEBT EXIT vs WEALTH FOUNDATION CHECKLIST

### ## The Solomon Reset

**\*\*This isn't about judging your approach.\*\***

This is a clarity tool to help you see whether your current strategy is just clearing debt — or actually building the foundation for wealth.

Most people focus on getting out of debt as fast as possible. That sounds responsible. But if you're not simultaneously building the foundation that wealth requires, you'll either end up back in debt or stuck working forever with no real progress.

**\*\*This checklist shows you the difference.\*\***

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### ## HOW TO USE THIS CHECKLIST

Go through each section honestly. This isn't about perfection — it's about clarity.

At the end, you'll see clearly whether you're:

- **\*\*Just exiting debt\*\*** (short-term relief, high recurrence risk)
- **\*\*Building wealth foundation\*\*** (sustainable freedom, long-term stability)
- **\*\*Somewhere in between\*\*** (mixed approach, inconsistent results)

# DEBT EXIT vs WEALTH FOUNDATION CHECKLIST

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## ## PART 1: YOUR CURRENT APPROACH

Check all statements that describe how you're currently handling debt:

### ### Debt Exit Approach (Fast, But Risky):

- ☐ My main goal is to pay off debt as fast as possible
- ☐ I'm willing to work extreme hours to clear balances quickly
- ☐ I've consolidated debt to get it done faster
- ☐ I'm making drastic cuts to everything to pay more toward debt
- ☐ I haven't thought much about what happens after the debt is gone
- ☐ I'm not building savings while paying off debt (putting 100% toward payoff)
- ☐ I'm using credit cards less, but my spending patterns haven't really changed
- ☐ Speed is my priority — I want this over with
- ☐ I haven't addressed why I got into debt in the first place
- ☐ If an emergency comes up, I'll probably use credit again

\*\*Count checked:\*\* \_\_\_\_\_ / 10

\*\*If you checked 6+, you're primarily focused on debt exit — not foundation building.\*\*

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## ### Wealth Foundation Approach (Slower, But Sustainable):

- ☐ I'm paying down debt while simultaneously building an emergency fund
- ☐ I've identified and am changing the spending patterns that created the debt
- ☐ I'm creating margin between my income and expenses
- ☐ I make financial decisions from clarity, not panic
- ☐ I'm learning how money actually works (not just tactics)
- ☐ I'm building habits that will prevent debt recurrence
- ☐ I think about what I'll do with freed cash flow once debt is gone
- ☐ I'm willing to take longer if it means building something sustainable
- ☐ I have a plan for unexpected expenses that doesn't involve credit
- ☐ I'm addressing the root causes, not just the symptoms

\*\*Count checked:\*\* \_\_\_\_\_ / 10

\*\*If you checked 6+, you're building a wealth foundation — even while dealing with debt.\*\*

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## ## PART 2: THE FOUR FOUNDATIONS WEALTH REQUIRES

# DEBT EXIT vs WEALTH FOUNDATION CHECKLIST

Wealth isn't built by just eliminating debt. It's built by creating four specific foundations.

Check whether each foundation is present in your approach:

## ### Foundation 1: HABITS THAT PREVENT RECURRENCE

**\*\*Are you changing the patterns that created the debt?\*\***

- ☐ I've identified my specific spending triggers
- ☐ I've made changes to prevent repeating past mistakes
- ☐ I track where my money goes
- ☐ I've created systems to prevent impulse decisions
- ☐ I'm addressing emotional spending patterns
- ☐ I'm learning to delay gratification

**\*\*Count:\*\*** \_\_\_\_\_ / 6

**\*\*If 3 or fewer:\*\*** You're clearing debt, not changing patterns. Recurrence risk is high.

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## ### Foundation 2: FINANCIAL CLARITY

**\*\*Can you make decisions from information instead of guesswork?\*\***

- ☐ I know exactly how much I owe

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- ☐ I know my monthly income and expenses
- ☐ I can see my full financial picture clearly
- ☐ I make strategic decisions, not reactive ones
- ☐ I understand the consequences of my financial choices
- ☐ I'm not constantly surprised by expenses

**\*\*Count:\*\*** \_\_\_\_\_ / 6

**\*\*If 3 or fewer:\*\*** You're operating in chaos. Clarity is the foundation for every good decision.

---

## ### Foundation 3: FINANCIAL MARGIN

**\*\*Do you have breathing room for when life happens?\*\***

- ☐ I'm building (or have) an emergency fund
- ☐ There's space between my income and expenses
- ☐ Unexpected costs don't destroy my month
- ☐ I can handle a \$500 emergency without credit
- ☐ I'm not living paycheck to paycheck

# DEBT EXIT vs WEALTH FOUNDATION CHECKLIST

- ☐ I have room to be generous when needed

**\*\*Count:\*\*** \_\_\_\_\_ / 6

**\*\*If 3 or fewer:\*\*** You're vulnerable. One crisis and you're back to credit cards.

---

## ### Foundation 4: SYSTEMS FOR WEALTH BUILDING

**\*\*Are you creating the ability for money to work for you?\*\***

- ☐ I think about what I'll do with freed cash flow after debt

- ☐ I understand the difference between working for money vs money working for me

- ☐ I'm learning about passive income and investing

- ☐ I see debt payoff as step one, not the final goal

- ☐ I'm positioning myself to build wealth, not just survive

- ☐ I have a vision beyond being debt-free

**\*\*Count:\*\*** \_\_\_\_\_ / 6

**\*\*If 3 or fewer:\*\*** You're escaping debt, but not building wealth. You'll stay in survival mode.

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## ## PART 3: WARNING SIGNS YOU'RE JUST EXITING (NOT BUILDING)

# DEBT EXIT vs WEALTH FOUNDATION CHECKLIST

Check any that apply:

- ☐ You're working 80+ hour weeks just to pay off debt faster
- ☐ You have \$0 in savings because everything goes to debt
- ☐ You haven't thought about what happens after debt is gone
- ☐ Your plan is "pay it off, then figure out the rest"
- ☐ You're cutting expenses you actually need (health, maintenance, etc.)
- ☐ You feel like you're in survival mode, not building mode
- ☐ You're making decisions from desperation, not strategy
- ☐ If asked "what's your plan after debt?", you'd say "I don't know"
- ☐ You haven't addressed why you got into debt originally
- ☐ You're hoping more income will solve everything

**\*\*Count:\*\*** \_\_\_\_\_ / 10

**\*\*If you checked 5+, you're at HIGH RISK of either:\*\***

1. Burning out and giving up
2. Paying off debt only to end up back in it
3. Getting out of debt but never building wealth



# DEBT EXIT vs WEALTH FOUNDATION CHECKLIST

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## ## PART 4: THE COMPARISON

Here's what the two approaches look like over 10 years:

### ### PERSON A: Debt Exit Focus

#### \*\*Years 1-2:\*\*

- Works 80 hours/week
- Pays off \$30,000 in debt aggressively
- Has \$0 in savings
- Celebrates being debt-free

#### \*\*Years 3-5:\*\*

- Returns to old spending patterns (never addressed root cause)
- Credit card balances return
- Back to \$15,000 in debt
- Still no savings

#### \*\*Years 6-10:\*\*

- Trapped in the same cycle

# DEBT EXIT vs WEALTH FOUNDATION CHECKLIST

- Works hard but never builds wealth
- No emergency fund, no investments
- Financially exhausted

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## ### PERSON B: Wealth Foundation Focus

### \*\*Years 1-3:\*\*

- Pays down debt more slowly
- Builds \$1,000 emergency fund while paying debt
- Changes spending patterns
- Creates financial clarity and margin
- Takes 3 years instead of 2

### \*\*Years 4-6:\*\*

- Stays debt-free (patterns changed)
- Builds full 6-month emergency fund
- Starts investing freed cash flow
- Has financial breathing room

# DEBT EXIT vs WEALTH FOUNDATION CHECKLIST

**\*\*Years 7-10:\*\***

- Growing investments
- Passive income starting to build
- Financial stability and margin
- Positioned for generational wealth

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## ## PART 5: SELF-ASSESSMENT

Based on this checklist, which approach are you currently taking?

**\*\*Circle one:\*\***

**\*\*DEBT EXIT ONLY\*\***

(Fast, but foundation is shaky. High recurrence risk.)

**\*\*WEALTH FOUNDATION\*\***

(Slower, but sustainable. Building something lasting.)

**\*\*MIXED APPROACH\*\***

(Some of both, but inconsistent. Need clearer strategy.)

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# DEBT EXIT vs WEALTH FOUNDATION CHECKLIST

## ## PART 6: WHAT TO DO NOW

If you discovered you're primarily focused on debt exit without building foundation:

### ### Three Shifts to Make:

#### \*\*1. Add Foundation to Your Plan:\*\*

Don't just pay debt — simultaneously:

- Build small emergency fund (\$500-1000)
- Track spending patterns
- Create basic financial clarity

#### \*\*2. Slow Down Slightly:\*\*

If going from 24 months to 30 months means you build habits that last, it's worth it.

#### \*\*3. Think Beyond Debt:\*\*

Ask yourself: "What will I do with my money when debt is gone?"

- Invest?
- Save?
- Build passive income?
- Be generous?

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Having a vision beyond debt keeps you from falling back into it.

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## ## PART 7: THE FOUNDATIONS CHECKLIST

Use this as your monthly check-in. Are you building all four foundations?

| Foundation | Present? | Action Needed |

|-----|-----|-----|

| **Habits that prevent recurrence** | ☐ Yes ☐ No | \_\_\_\_\_ |

| **Financial clarity** | ☐ Yes ☐ No | \_\_\_\_\_ |

| **Financial margin** | ☐ Yes ☐ No | \_\_\_\_\_ |

| **Systems for wealth building** | ☐ Yes ☐ No | \_\_\_\_\_ |

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## ## PART 8: REMEMBER

**\*\*Rushing out of debt destroys wealth building.\*\***

Not because speed is bad. But because:

- Speed without habits = recurrence
- Speed without clarity = reactive decisions

# DEBT EXIT vs WEALTH FOUNDATION CHECKLIST

- Speed without margin = vulnerability

- Speed without systems = survival mode forever

**\*\*The goal isn't just to be debt-free. It's to build the foundation for wealth.\*\***

Debt-free + no foundation = working forever

Debt-free + foundation = freedom to build

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## ## NEXT STEP

Once you understand that foundation matters more than speed, the next question becomes:

**\*\*"What becomes possible when my money starts working for me instead of against me?"\*\***

That's what we'll explore next in The Solomon Reset.

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**\*\*Key Truth:\*\***

Getting out of debt is step one.

Building the foundation to stay out and build wealth is the real work.

# DEBT EXIT vs WEALTH FOUNDATION CHECKLIST

Most people only do step one — then wonder why they're back where they started.

**\*\*Don't skip the foundation.\*\***

# THE END... But...

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