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WORKBOOK
2022

Net Worth

01

An essential tool in building your financial
well-being



Introduction



Victoria Rempel

Victoria is a Wealth Advisor at iA Private Wealth that collaborates with her clients to design a plan, fill in the knowledge gaps and realize their financial goals.

What is a net worth statement?

A net worth statement is a list of everything you own subtract everything you owe.

Why is it useful to have?

Your net worth reflects the sum of your financial choices and lets you see your entire financial picture in one place. It can help you understand where you are today and make intentional financial decisions for your future.

How do I use it?

Start by listing all of your assets and liabilities in their respective categories. Revise the categories to ensure they are meaningful to you.

Finally, calculate your net worth by subtracting your total liabilities from your total assets.

As you're working through this worksheet, remember, net worth does not equal self-worth. Financial freedom and fulfillment are separate paths. An ascending net worth won't necessarily make you happier, but taking stock of your net worth is vital in gaining control of your finances and increasing your financial freedom.

For accountability, choose a trusted friend and review annually.

Net Worth: Financial Assets

Fill out the table below:

Accounts	You	Partner	Joint	Total
Chequing				
Saving #1				
Saving #2				
Saving #3				
TFSA				
RRSP, LIRA, RRIF, LIF				
Spousal RRSP, RRIF				
Work Pension				
Stocks				
Bonds				
Mutual Funds				
Vested Stock Options				
Other				

Net Worth: Physical Assets

Fill out the table below:

Personal Property	You	Partner	Joint	Total
Primary Residence				
Secondary Residence				
Real estate				
Business				
Vehicles				
Furniture, jewelry, art				
Life insurance cash value				
Other				
Total Assets				

Net Worth: Debt

Fill out the table below:

Personal Debts	You	Partner	Joint	Total
Mortgage				
Home equity loan				
Car loan				
Personal loan				
Credit card/Line of credit				
Student loans				
Commercial liabilities				
Taxes				
Other				

Total Assets		Total Debt		Total Net Worth	
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