

RISE & THRIVE BLUEPRINT
PHASE 1 | MODULES 1–3
ASSESS & STRATEGIZE

Get clear on exactly where you stand. Build the plan before you move a dollar.

Phase 1 is the foundation. You cannot build a solid financial rebuild on a fuzzy picture of your situation. This phase is about total honesty — with yourself, with your numbers, and with your options. No action until you have a complete picture.

★ Do not skip steps. Women who rush into action without completing the assessment phase make costly mistakes — negotiating the wrong debts first, missing exempt assets, or settling accounts that should have been disputed. Assess first. Then strategize. Then move.

STEP-BY-STEP ACTION PLAN

1

Pull All Three Credit Reports

Go to AnnualCreditReport.com — the only federally authorized free source. Pull Equifax, Experian, and TransUnion. Print or save all three. Do not use a paid service for this step.

2

Complete the Debt Inventory Tracker

List every debt: creditor name, account type, current balance, APR, minimum payment, status, and whether it's in collections. Use the Debt Inventory Tracker worksheet. Leave nothing out — even debts you're not sure are valid.

3

Identify Accounts in Collections

Flag every account that has been sold to a third-party collector. These are handled differently than accounts still with the original creditor. The FDCPA applies to collectors — not to original creditors.

4

Check the Statute of Limitations for Each Debt

Look up the SOL for your state for each debt type. If the SOL has expired on a debt, paying even \$1 can restart the clock. Know before you act.

5

Identify Any Errors on Your Credit Reports

Compare what each bureau shows against your actual account history. Common errors: discharged accounts still showing balances, duplicate accounts, wrong balances, accounts that aren't yours. Flag every error — you'll dispute them in Phase 2.

6

Complete Your Budget Framework

Use the Budget Framework worksheet. List every income source and every expense. Calculate your true monthly surplus or deficit. This number tells you what you have available for debt payoff — and what you can realistically offer in a settlement.

7

Prioritize Your Debt List

Not all debts are equal. Rank by: (1) secured vs. unsecured, (2) SOL status, (3) whether in active collections, (4) interest rate. Your Negotiation Prep Sheet will help structure this. Highest-risk, highest-cost debts move to the front of the line.

8

Decide: Negotiate, Settle, Dispute, or Bankruptcy?

For each debt, identify the appropriate strategy. Use the decision framework in Module 3. Bankruptcy is a legitimate tool — not a last resort for the desperate, but a strategic option like any other. Evaluate it objectively.

PHASE 1 COMPLETION CHECKLIST

- All three credit reports pulled and saved
- Debt Inventory Tracker complete — every account listed
- Collections accounts identified and flagged
- Statute of Limitations checked for each debt
- Credit report errors identified and documented
- Budget Framework complete — monthly surplus/deficit calculated
- Debt priority list built
- Strategy assigned to each debt: negotiate / settle / dispute / bankruptcy

WHAT SUCCESS LOOKS LIKE AT THE END OF PHASE 1

You have a complete, accurate picture of every debt you owe. You know which accounts are in collections, which are with original creditors, and which have expired SOLs. You have a monthly budget that shows your real numbers. You have a prioritized debt list with a strategy assigned to each account. You are not guessing at any of this — you have documentation.

You are not yet taking action on any debt. Phase 1 is intelligence-gathering. Phase 2 is where you move.

★ Keep every document from this phase in one place — physical folder or dedicated digital folder. You will reference these throughout Phases 2 and 3. Losing track of your documentation mid-process is one of the most common and costly mistakes in debt resolution.