MONEYWISE GUIDES · DEBT

The Debt-Free Playbook

The step-by-step system for clearing mobile loans, bank loans and family debts, for good.

moneywise.co.ke, Africa's financial confidence ecosystem

CHAPTER 1 OF 6

Why debt wins (until today)

Debt doesn't win because you're weak. It wins because it's a system, automated, compounding and patient, while your repayment is usually a mood.

This playbook replaces mood with system. Five short chapters, one decision each. By the last page you'll have a written plan with a date on it.

Step 1, Face the number

List every single debt: mobile loans, bank, SACCO, employer, family. For each one write the balance, the interest rate, and the minimum payment.

Add it up. Look at it. Say it out loud.

That discomfort you feel? That's the debt losing its biggest weapon, vagueness. A named number can be killed.

Step 2, Stop the bleeding

No new debt from today. Not 'less debt', none.

If mobile loans are a monthly habit, the problem is a budget gap, not a borrowing gap. Find the leak: track 7 days of spending and one category will confess.

Delete the loan apps. Seriously. The 30 seconds it takes to reinstall one is often enough for the urge to pass.

Step 3, Pick your weapon

Snowball: pay minimums on everything, throw every extra coin at the SMALLEST debt. Quick wins, unstoppable momentum.

Avalanche: same, but target the HIGHEST INTEREST debt first. Mathematically cheapest.

Across Africa, mobile loans are usually both the smallest AND the most expensive, so both strategies agree: kill the app loans first.

Step 4, Protect the plan

Build a small emergency buffer at the same time, even one month of basic expenses.

Without it, the next emergency sends you straight back to borrowing and the plan dies. With it, emergencies become inconveniences.

Keep it in a money market fund: close enough for real emergencies, far enough to survive impulses.

Step 5, Make it official

Open the Debt Payoff Planner at moneywise.co.ke/tools/debt-payoff. Enter your debts, choose your strategy, and meet your debt-free date.

Download the PDF. Stick it where you'll see it. Tell one person you trust.

Every cleared loan is a celebration. Mark each one, you're not just clearing debts, you're changing your family's story.