CHECKLIST

Protecting Your Wages: A Payday Checklist

- [ ] Open a basic account at a different bank with no card attached
- [ ] Give your employer the new account details for wage payments
- [ ] Set a standing order to transfer money a day or two after payday
- [ ] Schedule direct debits for all fixed bills to leave on payday
- [ ] Contact your bank to activate a gambling transaction block on your cards
- [ ] Talk to someone you trust about holding part of your income temporarily
- [ ] Agree clear amounts and release dates with that person
- [ ] Note when urges arrive and whether the barriers held