

TOOL 2

The Three Numbers

Survival Number

What must be paid to keep life functioning. Not your comfortable life — the floor.

Expense	Monthly amount
Housing	\$
Utilities	\$
Food	\$
Transportation	\$
Insurance	\$
Healthcare	\$
Debt minimums	\$
Childcare / dependents	\$
Other essentials	\$
Buffer	\$
Monthly Survival Number	\$

Runway Number

Accessible transition money_____

Untouchable emergency reserve (subtract)_____

Usable transition money_____

Monthly household income continuing after I leave_____

Monthly transition shortfall_____

Runway, in months_____

Walk-Away Number

Minimum acceptable salary _____

Healthcare adjustment _____

Retirement adjustment _____

Commuting / travel adjustment _____

Other _____

Minimum viable total package _____

Do not compare salary to salary. Compare life to life.
