

# Sabbatical Planner

What your time off will cost, how long your savings last, and what you want the time to be for.

## The time

Months off

Starting

## Monthly costs while you're off

### Housing

rent or mortgage, utilities

### Food

groceries, eating out

### Health insurance

and other healthcare

### Transport & phone

### Travel & fun

monthly average

### Everything else

debt payments, subscriptions

## One-time costs

### Big trips & flights

### Other one-time costs

courses, gear, moving

## Money coming in

### Income per month while off

freelance, rent, partner's share

### Saved for this so far

### Cushion for coming back

months of spending to keep in reserve

## Your numbers

### Monthly spending

all monthly costs

### Monthly burn (after income)

spending – income

### Cost of the sabbatical

burn × months + one-time

### Cushion for coming back

spending × cushion months

### Total to have saved

cost + cushion

### Still to save

total – saved so far

### Months your savings cover today

(saved – one-time) ÷ burn

### Save each month until you leave

still to save ÷ months until you start

# What the time is for

Why I'm taking this time

The question I want to live with

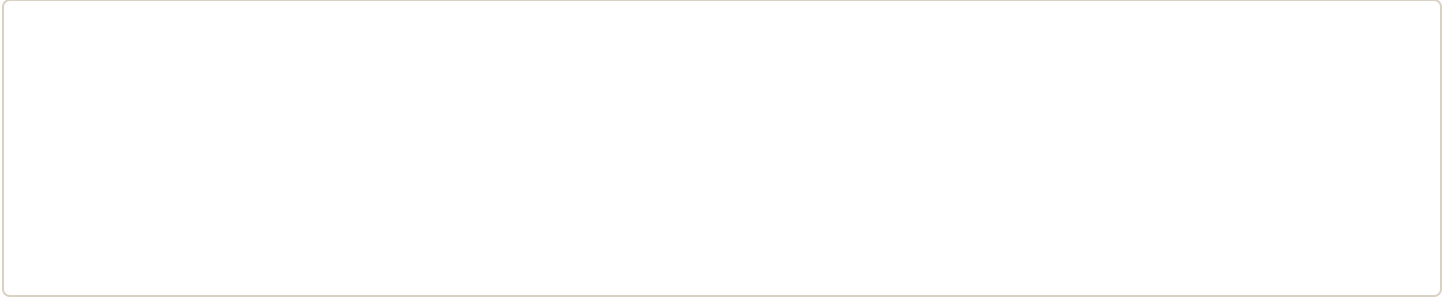
What I want to rest from

What I want to make room for

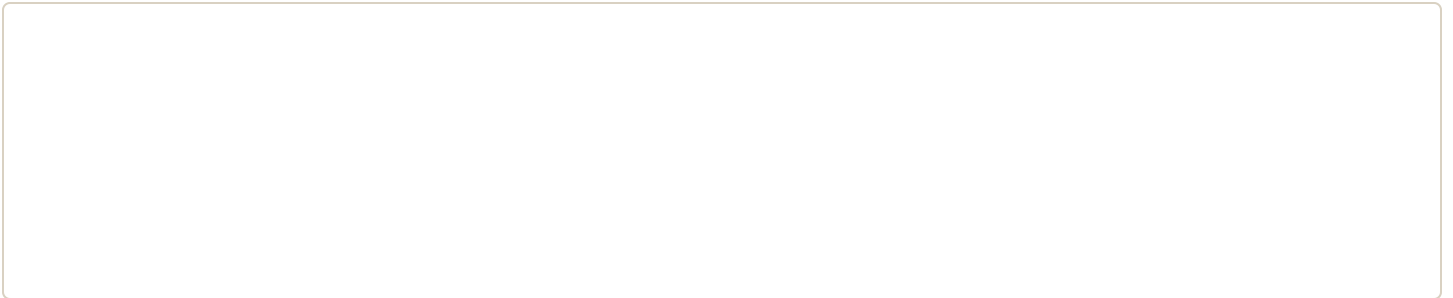
My rules for this time

# The shape of it

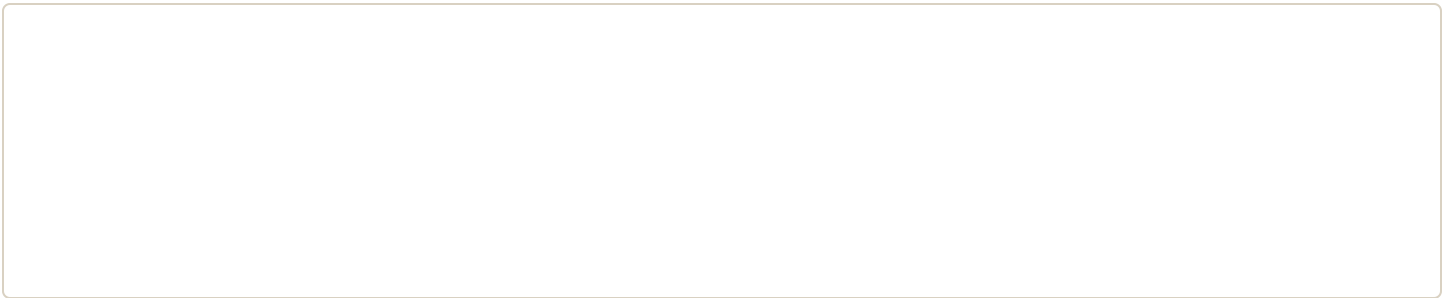
Decompress: the first few weeks



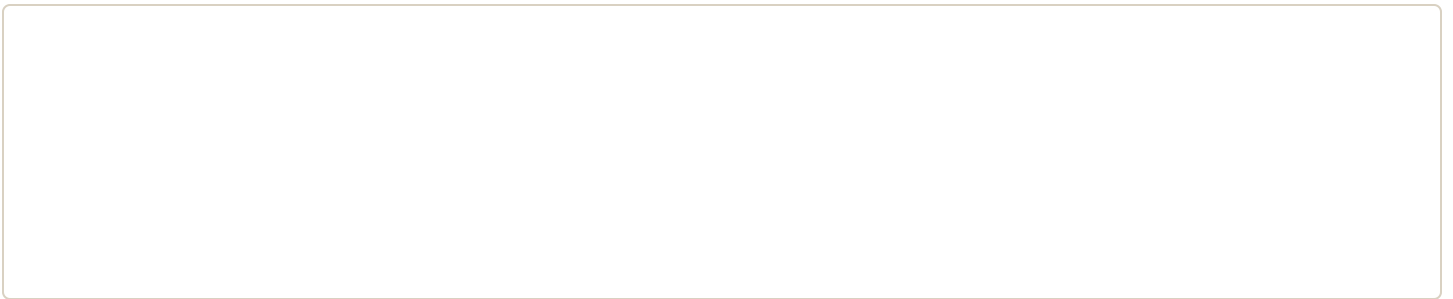
Explore: the middle



Re-entry: the last few weeks



When I'll come back, and to what



How I'll know it was worth it

