



**Allowable class 2 secondary social security contributions**If you need help to work this out use the calculator on the self-employed help page at [gov.je/MyTaxReturn](http://gov.je/MyTaxReturn)

20. Amount up to the Standard Earnings Limit (SEL). The total claim can't exceed £3,717 in 2022

£           .   

21. Additional contributions (if any) paid between the Standard Earnings Limit (SEL) and the Upper Earnings Limit (UEL). The total claim can't exceed £5,088 in 2022

£           .   

22. Total allowable self-employed contributions (boxes 20 plus 21)

£           .   **Total expenses**

23. Total allowable expenses (total of boxes 5 to 19 plus box 22)

£           .   **Profit or loss after expenses**

24. Net profit or loss (box 1 minus box 23) Include a minus sign(-) if you need to show a loss

- £           .   **Calculating your taxable profits**

25. Market value of goods or services for your own use

£           .   

26. Adjusted net profit or loss (increase the amount of your profits or reduce the amount of your loss in box 24 by the amount in box 25)

- £           .   

27. Capital allowances claim Total amount of tax deductible capital allowances (The amount you claim here can't exceed the profits in box 26)

£           .   

28. Adjusted profit after capital allowances (deduct the amount in box 27 from the amount in box 26)

£           .   

29. Loss brought forward from earlier years and set off against this year's profits (up to the amount in box 28)

£           .   **Taxable profits (This is the amount of income that will be taxed and must always be completed)**

30. Deduct the amount in box 29 from the amount in box 28. If you have a loss enter '0'.

£           .