Capital gain or capital loss worksheet 2024

Use the capital gain or capital loss worksheet 2024 to work out your capital gain or capital loss for your tax return.

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About the capital gain or capital loss worksheet

This worksheet will help you to calculate a capital gain or capital loss for each separate CGT asset or CGT event using either the:

- indexation method
- discount method
- 'other' method.

If you bought and sold an asset within 12 months, you must use the 'other' method to calculate your capital gain.

If you owned the asset for 12 months or more, you can use either the discount method or the indexation method, whichever gives you the better result.

Using the capital gain or capital loss worksheet

The following information will help you when completing the worksheet:

- Splitting parcels of shares
- Choosing the indexation or discount methods
- Using multiple methods.

Splitting parcels of shares

Each share in a parcel of shares is a separate capital gains tax (CGT) asset. This means you can use different methods to work out the amount of any capital gain for shares within a parcel. This may be to your advantage if you have capital losses to apply. See the Clare example.

Choosing the indexation or discount methods

For assets you acquired before 11:45 am (by legal time in the ACT) on 21 September 1999 and have held for 12 months or more, you can choose to use the indexation method or the discount method to calculate your capital gain.

There is no one factor you use as a basis to select the better option, it depends on:

- the type of asset you own
- how long you have own it
- the dates you own it
- past rates of inflation.

Because capital losses must be offset against capital gains before the discount is applied, your choice may also depend on the amount of capital losses that you have available.

Note: For the indexation method, inflation after 21 September 1999 is not taken into account.

Example: choose the indexation or discount method

Justin sold some land and has a $10,000 capital gain under the discount method (before applying the CGT discount) or a $7,000 capital gain under the indexation method. If Justin has no capital losses the discount method will produce the smaller capital gain (that is, $5,000).

However, Justin also made a capital loss of $5,000 on the sale of some shares. He will be better off using the indexation method to work out the capital gain from the sale of his land.

Under the indexation method his net capital gain is:

- $2,000 ($7,000 – $5,000).

If he used the discount method, his net capital gain would be:

- $2,500 [($10,000 – $5,000) × 50%].

The example below shows that applying one method to work out your capital gains on a whole parcel of shares you acquired before 21 September 1999 may not be to your advantage if you have capital losses or net capital losses to apply.

In this situation, you will get a better result if you apply the indexation method to sufficient shares to absorb the capital loss (or as much of the capital loss as you can) and apply the discount method to any remaining shares.

Example: capital gains on shares where you also have capital losses

Clare sold a parcel of 500 shares in March 2024 for $12,500, a price of $25 each. She had acquired the shares in March 1995 for $7,500, at a price of $15 each, including stamp duty and brokerage costs. There were no brokerage costs on the sale of her shares.

Clare had no other capital gains or capital losses in 2022–23, although she has $3,500 net capital losses carried forward from previous income years.

Because Clare owned the shares for more than 12 months, she can use the discount method or the indexation method to work out her capital gains – whichever gives her a better result. Clare decides to work out her net capital gain by applying both the discount method and the indexation method to the whole parcel of shares:

Shares calculated using CGT discount method or indexation method

Steps	Using CGT discount method	Using indexation method
Capital proceeds	$12,500	$12,500
subtract Cost base	$7,500	$8,077 (see Note 1)
Capital gain	$5,000	$4,423
subtract capital losses	$3,500	$3,500
Subtotal	$1,500	$923
50% discount	$750	Nil
Net capital gain	**$750**	**$923**

Note 1: $7,500 × (68.7 ÷ 63.8 = 1.077)

However, because each share is a separate asset, Clare can use different methods to work out her capital gains for shares within the parcel. The lowest net capital gain would result from her applying the indexation method to the sale of 395 (see Note 2) shares and the discount method to the remaining 105. She works out her net capital gain as follows:

Indexation method (395 shares)

Steps	Using indexation method

Capital proceeds	($25 each) $9,875
Cost base	(395 × $15 × 1.077) $6,381
Capital gain	$3,494
subtract capital losses	$3,500
Capital gain/(loss)	**$6**

CGT discount method (105 shares)

Steps	Using discount method
Capital proceeds	($25 each) $2,625
Cost base	(105 × $15) $1,575
Capital gain	$1,050
subtract any remaining capital losses	6
Subtotal	$1,044
50% discount	$522
Net capital gain	**$522**

Note 2: To calculate this, Clare worked out the capital gain made on each share using the indexation method ($4,423 ÷ 500 = 8.85) and divided the capital loss by this amount ($3,500 ÷ 8.85 = 395).

It is probably best to calculate your capital gain using both methods to find out which gives you the better result. This is shown below in the worked example for Val.

Example: choosing the indexation or discount method

Val bought a property for $150,000 under a contract dated 24 June 1991. The contract provided for the payment of a deposit of $15,000 on that date, with the balance of $135,000 to be paid on settlement on 5 August 1991.

She paid stamp duty of $5,000 on 20 July 1991. On 5 August 1991, she received an account for solicitor's fees of $2,000, which she paid as part of the settlement process.

She sold the property on 15 October 2022 (the day the contracts were exchanged) for $350,000. She incurred costs of $1,500 in solicitor's fees and $4,000 in agent's commission.

Val's capital gain calculated using the indexation method

Steps	Amount
Deposit × indexation factor $15,000 × (68.7 ÷ 59.0 = 1.164)	$17,460
Balance × indexation factor $135,000 × (68.7 ÷ 59.0 = 1.164)	$157,140
Stamp duty × indexation factor $5,000 × (68.7 ÷ 59.3 = 1.159)	$5,795
Solicitors' fees for purchase of property x indexation factor $2,000 × (68.7 ÷ 59.3 = 1.159)	$2,318
Solicitor's fees for sale of property (indexation does not apply)	$1,500
Agent's commission (indexation does not apply)	$4,000
Cost base (total)	**$188,213**

Val works out her capital gain as follows:

- Capital proceeds – $350,000
- *Subtract* cost base – $188,213
- **Capital gain – $161,787.**

(Val's total current year capital gain using this method)

Assuming Val has not made any other capital losses or capital gains in the 2023–24 income year and does not have any unapplied net capital losses from earlier years, her net capital gain using the indexation method is $161,787.

Val's capital gain calculated using the discount method

Steps	Amount
Deposit	$15,000
Balance	$135,000
Stamp duty	$5,000
Solicitor’s fees for purchase of property	$2,000
Solicitor’s fees for sale of property	$1,500
Agent’s commission	$4,000
Cost base (total)	**$162,500**

Val works out her capital gain as follows:

Val's net capital gain

Steps	Amount
Capital proceeds	$350,000
Subtract Cost base	$162,500

Discount capital gain (Val's total current year capital gain using this method)	**$187,500**
Subtract 50% discount (as Val has no capital losses)	**$93,750**
Net capital gain – $93,750.	**$93,750**

As the discount method provides Val with the better result, she will show the amount worked out using the discount method on her tax return rather than the amount worked out using the indexation method.

The completed worksheet example shows how Val might complete the Capital gain or capital loss worksheet (PDF 143KB) using both methods.

Example: shares purchased and given away more than 12 months later

In May 1999, Andrew bought 1,200 units in Share Trust for $1,275. This amount included brokerage fees. He gave the units to his brother, in August 2021. A CGT event happens when Andrew makes the gift. At the time of this CGT event, the units were worth $1,595. As the market value of the units is greater than their cost base, Andrew has made a capital gain.

As Andrew bought the units before 21 September 1999 and he owned them for more than 12 months, he can use the indexation or discount method to calculate his capital gain, whichever gives him the better result.

Indexation method

If Andrew calculates his capital gain using the indexation method, he indexes the cost of his units and the incidental costs of buying them as follows:

The indexation factor is:

CPI for September 1999 quarter ÷ CPI for June 1999 quarter

68.7 ÷ 68.1 = 1.009

His indexed cost base is:

His cost ($1,275) × The indexation factor (1.009) = $1,286.48

Andrew's capital gain

Steps	Amount
Capital proceeds	$1,595.00
Subtract Indexed cost base	$1,286.48
Capital gain	$308.52
Rounded down	$308.00

Discount method

If Andrew uses the discount method, his capital gain is calculated as:

Andrew's capital gain using the discount method

Steps	Amount
Capital proceeds	$1,595
subtract Cost base	$1,275
Capital gain	$320
subtract Discount (see Note 3)	$160
Capital gain	$160

Note 3: Andrew doesn't have any capital losses. If he did, he would deduct any capital losses before applying the discount.

Andrew chooses the discount method because it gives him a smaller capital gain.

If, during the period of owning the units, Andrew had received a **non-assessable payment** from the fund, his cost base may have been reduced and the capital gain may have been greater.

Using multiple methods

In the examples following, Tony uses the **indexation method**, the **discount method**, and the **'other' method**, to calculate his capital gain so he can decide which method gives him the best result. This example shows you how to complete the capital gain or capital loss worksheet to calculate your capital gain when you acquire or dispose of shares.

Remember that if you bought and sold your shares within 12 months, you must use the ‘other’ method to calculate your capital gain. If you owned your shares for 12 months or more, you may be able to use either the discount method or the indexation method, whichever gives you the better result.

Because each share in a parcel of shares is a separate CGT asset, you can use different methods to work out the amount of any capital gain for shares within a parcel. This may be to your advantage if you have capital losses to apply. See the example of Clare.

Example: using all 3 methods to calculate a capital gain

On 1 July 1994, Tony bought 10,000 shares in Kimbin Ltd for $2 each. He paid a stockbroker’s fee of $250 and stamp duty of $50.

On 1 July 2021, Kimbin Ltd offered each of its shareholders one right for each 4 shares owned to acquire shares in the company for $1.80 each. The market value of the shares at the time was $2.50.

On 1 August 2021, Tony exercised all rights and paid $1.80 per share.

On 1 December 2021, Tony sold all his shares in Kimbin Ltd for $3.00 each. He incurred a stockbroker’s fee of $500 and stamp duty of $50.

Note: Separate records

Tony has 2 parcels of shares – those he acquired on 1 July 1994 and those he acquired at the time he exercised all rights, 1 August 2021. He needs to keep separate records for each parcel and apportion the stockbroker's fee of $500 and stamp duty of $50.

The completed worksheet example shows how Tony might complete the Capital gain or capital loss worksheet using (PDF 98 KB) to evaluate which method gives him the best result.

He uses the 'other' method for the 2,500 shares he owned for less than 12 months, as he has no choice.

Tony using the 'other' method

Steps	Amount
Capital proceeds	$7,500
less Cost base	$4,610
Capital gain	**$2,890**

For the 10,000 shares he has owned for 12 months or more, his capital gain using the indexation method would be:

Tony using indexation method

Steps	Amount
Capital proceeds	$30,000
less Cost base	$23,257
Capital gain	**$6,743**

This means his net capital gain would be:

'other' method + indexation method = net capital gain

$2,890 + $6,743 = $9,633

If Tony uses the discount method instead (assuming he has no capital losses), his capital gain would be:

Tony using discount method

Steps	Amount
Capital proceeds	$30,000
less Cost base	$20,740
Capital gain	**$9,260**

He applies the CGT discount of 50%:

$9,260 × 50% = $4,630

This means Tony’s net capital gain would be:

'Other' method + discount method = net capital gain

$2,890 + $4,630 = $7,520

In this case, Tony would choose the discount method, rather than the indexation method, as it gives him the better result – that is, a lower net capital gain.

Help completing the capital gain or capital loss worksheet

For help to complete the worksheet, see How to work out your capital gain or capital loss.

What else you can do

For more information about CGT, including how to calculate your CGT and what triggers a CGT event, see Capital gains tax.

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