

SIMPLIFYING YOUR FINANCES

YOUR WELLBEING ACTIVITY

REVIEW RECURRING EXPENSES

Review your recurring expenses and commit to reducing or eliminating at least one area of spending.

FINDING WAYS TO REDUCE TIME AND EFFORT CAN HAVE BIG PAYOFFS:

AUTOMATE TASKS

Consider setting up automatic payments for recurring bills to make managing your money simpler.

FREEZE YOUR CREDIT

Remember to unfreeze your accounts whenever you need to take out a loan in the future.

CREATE ROUTINES

Creating routines makes it easier to manage your money.

SEEK EXPERT GUIDANCE

Outsource any tasks that feel overwhelming or confusing.

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