



Wellbeing Activity

Review Recurring Expenses

Review your recurring expenses and commit to reducing or eliminating at least one area of spending. Here are some categories to explore:

- **Utilities.** Cable, Phone, Internet, Water, or Electric
- **Transportation.** Auto Insurance, Fuel, Maintenance & Repairs, Monthly Payment, or Car Wash
- **Memberships & Subscriptions.** Gyms, Clubs, Websites, Professional Associations, Networking Groups, or Subscription Box Products
- **Food.** Dining Out, Groceries, Lunches, or Coffee
- **Home.** Property Tax or Homeowner's Insurance
- **Personal.** Apps, Spa, Beauty Products, Online Courses, Clothing, or Vacation