

Weekly Habits for Financial Health

Cut on the dotted lines so each item is on a separate piece of paper.

Each week, balance your checkbook.	Each Sunday browse your bank's website for 3 minutes.	Write down and organize your spending priorities into needs vs. wants.	Spend 3 minutes thinking about your life aspirations each Sunday.
Take 60 seconds each Sunday to review your financial goals.	Each Saturday declutter your kitchen for 5 minutes.	Add \$10 to your "rainy day" fund each week.	Each Sunday list 3 actions you can do that could benefit you financially.
Each Sunday, set one financial priority for the week.	Every Sunday write down one positive financial action you did in the past week.	Each Saturday, find one junk food item and decide never to buy it again.	Each Sunday prepare all your lunches for the coming week.
Each Saturday, look for any food in fridge that may spoil. Plan to eat it soon.	Make weekly payments to your credit card until it's paid off.	Use a budgeting app and track your expenses for one week.	Each Sunday make a family meal plan for the week.
Watch a short "how to" video each Sunday on managing your money	Pay all your bills once a week.	Each week take a photo of three things you could sell or donate.	Make low-cost social plans: Host a potluck, movie or game night.
Each Sunday, compare your weekly expenses to your weekly budget.	Spend 5 minutes each Sunday looking for ways to reduce expenses.	Each weekend engage in a free and fun family activity.	Plan to save on childcare costs: trade babysitting with a trusted friend.
Once a week, hold a short financial meeting with your household.	Schedule a calendar reminder to check your banking info at the same time each week.	Shop for healthy food once a week.	Each weekend, itemize credit card purchases from prior week.