

FINANCIAL SELF-CARE

weekly financial routine



Routines help add structure and discipline to our lives. They make things easier and create consistency, which often means more efficiency and less stress. Who doesn't want that?! Adopting an effective financial routine is one of the best ways to improve your finances for the long term, and can go a long way in improving your financial wellness and overall happiness. While your money habits need to reflect your unique situation and lifestyle, there are some general practices that we can all add to our weekly routine to help us better manage our finances.

STEP 1

Review your bank accounts.

Scan for any new credits or debits posted to your accounts and review your balances. This quick look is a good way to track your spending. You'll know what you budgeted for, so you shouldn't find any surprises. If you notice any charges you don't recognize, contact your bank to investigate.

STEP 2

Review bill due dates.

Penalty fees are the pits – especially if they are simply a result of forgetting to pay a bill on time. Ensure that upcoming due dates for credit card statements and other bills are accounted for. Automating payments is the easiest way to ensure bills are paid on time. If they can't be automated, look into scheduling them through online banking or scheduling a reminder in your calendar.

STEP 3

Review your financial goals.

Your financial goals are important. Keep them top-of-mind and track your progress by revisiting them each week. This helps keep you motivated and reinforces the importance of all the good money habits you've been implementing.

STEP 4

Review your monthly budget.

It's important to keep it up-to-date, so take some time to record spending and ensure that you are on track. If you find that you accidentally overspent in one area, adjust your budget to balance things out. Toward the end of the month, you'll want to review your budget for the current month and use it to plan for the next month based on any changes to your income and spending. Take note of any recurring expenses you could reduce or eliminate, as well as any upcoming irregular expenses.



Sources: www.thebalancemoney.com/a-thirty-minute-weekly-financial-self-care-routine-5070195

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