



POSITIVE MONEY HABITS TRACKER

OVERVIEW:

Our relationship with money can often be complex, so it's important to develop positive behaviors to better ensure we make sound financial decisions.

Use this checklist of healthy habits to help you identify areas of weakness and ways you can improve on them to boost your financial well-being. You can also customize it according to your specific goals and situation.

WHAT'S INCLUDED:

- **Financial checklist**
A list of healthy financial habits to consider creating



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FINANCIAL GOALS:

- Set clear financial goals, such as saving for a vacation or buying a home.
- Break down your long-term goals into smaller, achievable milestones.
- Regularly monitor your progress toward your financial goals.

MONTHLY BUDGETING:

- Create a monthly budget.
- Review and adjust your budget as needed.
- Categorize your expenses (housing, groceries, entertainment, etc.).
- Set spending limits for each category.

SAVINGS AND INVESTMENTS:

- Save a portion of your income each month.
- Contribute to your retirement accounts (401(k), IRA, etc.).
- Invest in stocks, bonds, or other assets for long-term growth.
- Consider opening a high-yield savings account.

DEBT MANAGEMENT:

- Make all debt payments on time.
- Pay more than the minimum amount on high-interest debts.
- Develop a plan to pay off any outstanding debts, including credit cards and loans.

EMERGENCY FUND:

- Build and maintain an emergency fund with at least three to six months' worth of your expenses.
- Replenish your emergency fund if you recently used it for unexpected expenses.

SPENDING HABITS:

- Prioritize your needs over your wants when making purchasing decisions.
- Avoid impulse purchases, and give yourself time to think before buying.
- Track all expenses, no matter how small, in a spending app like Mint.
- Identify and reduce your unnecessary recurring expenses.

REVIEW AND REFLECT:

- Regularly review your financial progress, and make adjustments as needed.
- Celebrate achievements and milestones along your financial journey.
- Learn from any financial setbacks, using them as opportunities to improve.