

MONTHLY EXPENSE CUTTING CHECKLIST

Go through it once and see what you can trim



SUBSCRIPTIONS

- ☐ List every subscription on your statements
- ☐ Cancel anything you didn't use last month
- ☐ Rotate streaming, one service at a time

HOME

- ☐ Adjust the thermostat a few degrees
- ☐ Unplug electronics you rarely use
- ☐ Wash clothes in cold water

FOOD

- ☐ Meal plan before you shop
- ☐ Shop with a list and stick to it
- ☐ Cook double and eat leftovers for lunch
- ☐ Set a weekly eating-out limit

CAR

- ☐ Combine errands into one trip
- ☐ Compare car insurance quotes
- ☐ Keep tires properly inflated

SHOPPING

- ☐ Wait 48 hours before buying non-essentials
- ☐ Unsubscribe from store emails
- ☐ Delete saved cards from shopping sites

CUT WHAT YOU WON'T MISS FIRST. KEEP WHAT YOU TRULY LOVE.