

# the superfab financial check-up



Keep in mind that all of these actions are not mandatory and items may not be applicable to your household. These are suggestions to help you maximize your time, integrate financially responsible living in your routine, and manage your finances.

## daily

- Begin each day with an intentional and empowered mindset.  
Use this time to pray, meditate, write in your gratitude journal or whatever spiritual practice resonates with you.
- Check your accounts for unfamiliar charges and ensure your balance summary is accurate.
- Avoid eating OUT and make eating IN a priority.
- Say NO to emotional spending.
- Commit to not creating any new debt for the day.

## weekly

- Browse weekly circulars for sales/promotions on staple household items.
- Celebrate small financial victories.
- Check your digit savings for the week. Learn more about digit at [MyFabFinance.com/digit](https://MyFabFinance.com/digit)

## monthly

- Enter bill payment due-dates on your calendar.  
Review and take note of any automatic payments.
- Create your budget for the month.  
The Super Fab Financial Planner is a great resource for this step and can be found here [myfabfinance.com/shop](https://myfabfinance.com/shop)
- Create your weekly meal plans for the month.
- Automate your savings.
- Update your debt repayment chart.  
Grab our free worksheet at [MyFabFinance.com/RepaymentWorksheet](https://MyFabFinance.com/RepaymentWorksheet)
- Identify your financial goal for the month.

What is your goal?

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How will you achieve this goal? \_\_\_\_\_

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When will you complete this goal? \_\_\_\_\_

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## quarterly

- Schedule required maintenance on your car/ house.
- Check your credit report for accuracy.  
*Check monthly if your account was recently compromised or you notice suspicious activity.*
- Assess your cashflow.
- Check interest bearing accounts and assess reinvestment options.

## annually

- Update your records
  - Life insurance dependant? Change in family size?
  - Reassess your insurance needs to determine if you are over or under insured.
  - Increase your 401k deductions?
  - Credit card and insurance opt outs?
  - Close unused credit cards.
- Shop for cheaper service providers or consider cutting non essential expenditures:
  - Insurance                       Internet
  - Cable                                 Cell Phone Providers
- Review your health insurance coverage.
- Declutter your home and sell what you can, donate the remaining for tax breaks.