

Day 1

Money Habits
For Me



See Where It's Really Going

Your first step toward financial control

moneyhabitsforme.com

Why This Step Matters

Most people believe they have a “pretty good handle” on their spending. But studies show the average American underestimates their monthly expenses by 30–40%.

That’s because small, routine charges slip under the radar. A \$6 coffee here, a \$9.99 subscription there, a few takeout dinners a week — and suddenly your “extra money” has vanished.

The truth? What you don’t track, you can’t control.

Today is about shining a light on where your money is really going — no judgment, no guilt. Just awareness.

A Real-World Example: Subscription Creep

Let's take a common culprit: streaming subscriptions.

Suppose you signed up for Peacock during the Olympics and never canceled.

- Monthly cost: \$5.99
- Annual cost: \$71.88
- 5-year cost: \$359.40 (and that's assuming it doesn't increase).

Now imagine instead of letting that money slip away, you put it into a savings account at 3% interest, compounded monthly.

- After 5 years: \$405.66
- After 10 years: \$829.46

That's just one forgotten subscription. Multiply that by 3 or 4, and you're easily missing out on thousands of dollars — money that could be in your pocket instead of vanishing silently each month.

👉 “What’s the REAL cost of that \$5.99 subscription?”

Item	Monthly Cost	1 Year	5 Years	10 Years
Peacock Streaming	\$5.99	\$71.88	\$359.40	
3 Subscriptions	\$17.97	\$215.64	\$1,078.20	

(Footnote: Assumes 3% APY compounded monthly – a conservative rate many online savings accounts offer.)

How to Do It (Simple, Not Stressful)

1. Pick your tool: Notebook, Notes app, or free expense tracker app.
2. Write down every expense today. Every coffee, every tank of gas, every \$1 vending machine purchase. Don't skip.
3. Total it at the end of the day. See the full picture.

👉 Bonus Challenge: Do this for 3 days in a row. You'll start spotting the hidden leaks instantly.

“Beware of little expenses. A small leak will sink a great ship.” — Benjamin Franklin



Quick Insight: Why Awareness Alone Can Save You Money

In behavioral finance, this is called the ‘observer effect.’ Once you start paying attention, your habits change naturally. Even without setting limits, most people cut back 10–15% on wasteful spending just by tracking.

That’s why this step is so powerful. It’s not about cutting yet — it’s about seeing. Once you see, the leaks start plugging themselves.

Wrap-Up

Today, you’ve taken the first step. Tomorrow, we’ll build on this awareness by giving your money a simple plan — one that doesn’t require spreadsheets, calculators, or a degree in accounting.

You’ve got this.