

Track your expenses for 10 days. Tracking expenses is nothing new... IT'S SIMPLY ABOUT DOING IT. What we will do with the wealth worksheet is pinpoint our focus on two major categories:

FOOD and EATING OUT

These two major areas alone can singlehandedly take us and keep us off track when it comes to our financial goals. The first column is for tracking any expenses spent on grocery items. The second is for eating out. And the third includes all those other expenses, like toiletries, shampoo, etc. Do not include medical bills, transportation, or special occasion or similar items in this exercise.

Capture your receipts. Keep every receipt and find an area to keep every receipt that comes into your home. Tack it on a wall, keep it in an envelope and record the amount spent on the worksheet provided for the ten day period. If you've filled it up, print out another one and keep going.

After the ten day period, you should begin to notice a pattern... keep going if you feel it's not sufficient enough information.

Find target areas. Target the area where the highest expenditures are. Do you find any unnecessary (not needed) expenditures? Why... for what?

**Go further. Join us in the upcoming FREE webinar to
ReBoost Your Life & Reveal Your Purpose.**

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