Financial

Awareness of current and future financial situation

**PLAN TO**

- Be mindful of spending habits by saving and reviewing receipts
- Make educated spending decisions
- Record income and expenses and review often
- Stay within a budget
- Have money on hand to meet current expenses
- Notice spending triggers

**Take your Wellness Pulse:** [https://alcoholstudies.rutgers.edu/wellness-in-recovery/inventory/](https://alcoholstudies.rutgers.edu/wellness-in-recovery/inventory/)

For more information contact Dr. Peggy Swarbrick at the Wellness Self-Care Program, swarbrma@rutgers.edu