

Committing to a System

Good recordkeeping is just like any other useful habit; 21 days of consistently taking an action builds a habit. Make the commitment now and at the end of every day, be sure you've put everything you've spent some place where you can easily find it at the end of the week (a notebook, an expense app on your smart phone, an envelope with your collection of receipts).

At the end of each week, take time to ensure that all of your expenses for the week have been put into the system you chose to track your numbers. And, don't just do the data entry. Be sure that you leave yourself time at the end to step back and look at your totals.

How much have I earned this month? How much have I spent? What do I need to accomplish before the end of the month to ensure I've earned more than I've spent?

