

WEEK 1 | PRE-CLASS TASK

Your Financial Audit

Complete this before our first session on Friday

Welcome to The Money Method! Before we meet on Friday, we need you to complete this financial audit. This exercise will give you clarity on exactly where your money is going, which is the foundation for everything we'll build together.

What you'll need:

- Your last 3 months of bank statements (download from your banking app)
- About 45-60 minutes of focused time
- A highlighter or pen (or use digital annotations)
- An open mind, no judgment, just awareness

STEP 1: Your Monthly Income

Write down your total monthly income AFTER tax (what actually hits your account):

Primary salary (after tax)	£
Side income / freelance	£
Other income (benefits, rental, etc.)	£
TOTAL MONTHLY INCOME	£

STEP 2: Fixed Monthly Expenses

These are expenses that stay roughly the same each month:

Rent / Mortgage	£
Council Tax	£
Utilities (gas, electric, water)	£
Internet / Broadband	£
Mobile phone	£
Insurance (car, home, life, etc.)	£
Car payment / transport pass	£

Loan repayments	£
Childcare	£
Other fixed expenses	£
Other fixed expenses	£
TOTAL FIXED EXPENSES	£

STEP 3: Subscription Audit

Go through your bank statements and list EVERY subscription. Be honest — most people discover 3-5 they forgot about!

Subscription	Cost/month	Last used?	Keep / Cancel?
Netflix	£		
Spotify / Apple Music	£		
Amazon Prime	£		
Disney+	£		
Gym membership	£		
App subscriptions	£		
Cloud storage	£		
Magazine / news	£		
	£		
	£		
	£		
	£		
TOTAL SUBSCRIPTIONS	£		

STEP 4: Variable Expenses (3-Month Average)

Look at your bank statements for the last 3 months. Calculate the average for each category:

Category	Month 1	Month 2	Month 3	Average
Groceries	£	£	£	£
Eating out / takeaways	£	£	£	£
Coffee / snacks	£	£	£	£
Transport (Uber, petrol, etc.)	£	£	£	£

Shopping (clothes, etc.)	£	£	£	£
Entertainment	£	£	£	£
Personal care	£	£	£	£
Other variable	£	£	£	£
TOTAL VARIABLE	£	£	£	£

STEP 5: Identify Your Money Leaks

Based on your audit, identify at least 3 "money leaks" — spending that doesn't align with your goals or values:

Money Leak	Monthly Cost	Yearly Cost
1.	£	£
2.	£	£
3.	£	£
4.	£	£
5.	£	£
TOTAL POTENTIAL SAVINGS	£	£

STEP 6: Your Financial Snapshot

Now let's see where you actually stand:

A. Total Monthly Income	£
B. Total Fixed Expenses	£
C. Total Subscriptions	£
D. Total Variable Expenses (average)	£
E. Total Monthly Spending (B + C + D)	£
F. WHAT'S LEFT (A minus E)	£

Reflection Questions

Take a moment to reflect on what you've discovered:

1. What surprised you most about your spending?

2. Which money leak would be easiest to plug this week?

3. If you could reclaim your identified money leaks, what would you do with that money?

NEXT STEP

Take a screenshot of your completed Reflection Questions and share it in the WhatsApp group before Friday's session.

See you Friday! — Chidera