



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/>

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