



# Managing Your Monthly Money Leaks This Year

## *Spending on non-essential services can hinder your wealth-building efforts*

From streaming services and gym memberships to AI assistants and meal kit deliveries, the modern economy thrives on subscriptions. While these recurring charges offer convenience, they can also create a silent drain on your finances. How can you take control of your subscriptions without sacrificing what matters most?

### **The Rise of the Subscription Economy**

The average American household now spends hundreds of dollars per month on subscription services. What started with streaming platforms has expanded to include:

- **Entertainment (Netflix, Spotify, Disney+)**
- **Fitness & Wellness (gym memberships, Peloton, meditation apps)**
- **Technology (cloud storage, AI tools, security software)**
- **Lifestyle & Convenience (meal kits, clothing rentals, pet supply boxes)**

### **Identifying Your Money Leaks**

Subscription fees are often small, making them easy to ignore. However, collectively, they can significantly impact your budget.

*Consider these steps:*

- 1. Audit Your Subscriptions:**  
Review bank and credit card statements for recurring charges.
- 2. Cancel Unused Services:**  
If you haven't used a service in the past two months, cancel it.

**3. Prioritize High-Value Subscriptions:** Keep only those that align with your lifestyle and bring measurable value.

**4. Look for Discounts & Bundles:** Many services offer annual plans or bundle discounts that can save money.

### Balancing Convenience with Goals

While subscriptions offer value, excessive spending on non-essential services can hinder wealth-building efforts. Setting a monthly subscription budget and regularly reassessing expenses can help you strike the right balance.

By staying mindful of recurring charges and ensuring they align with your financial priorities, you can take full advantage of the subscription economy without letting it derail your long-term financial success. A financial

professional can help you identify and eliminate unnecessary expenses, freeing up money for savings and investments.





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