



WellNYS
Everyday

WellNYS Daily To-Do

2021 April

Take a WellNYS Daily To-Do Financial Challenge.

In 2021, participate in **THE THREE** every day by doing the following

1. Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the *Go Beyond the Challenge* starting April 21st.
2. Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <https://wellnys.goer.ny.gov/>
3. Ask your wellness partner, "Did you do the WellNYS Daily To-Do?"

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Check off your Daily To-Dos at <https://wellnys.goer.ny.gov/>

MAY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE						
S	M	T	W	T	F	S
						1 2 3 4 5
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13	14	15	16	17	18	19
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27	28	29	30			

JULY						
S	M	T	W	T	F	S
						1 2 3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

UPCOMING MONTHLY CHALLENGES

May	Move more.
June	Plan 21 fun and healthy things to do this summer.
July	Connect to nature in New York.



Once you've completed the To-Do, check the box!

- 1. The Monthly Challenge for April is to take a WellNYS Daily To-Do financial challenge. **Register for the Monthly Challenge at <https://wellnys.goer.ny.gov>.**
- 2. For the next 30 days, track all your expenses. This will reveal how much you are spending. Use a journal, notebook, or notes on your cell phone to track the information.
- 3. Today, schedule a "money date" with your spouse or partner, or yourself. Discuss or think about how much you have in savings and strategize ways to spend less money this month.
- 4. Establish an emergency savings account with the goal to have \$1,000 in the account just for emergencies. If you use this money, make replenishing the account as soon as possible a priority.
- 5. Instead of waiting to pay your bills a few days before they are due, have your accounts set up to be paid automatically from your bank account or other account. This can be more convenient and help you avoid late charges.
- 6. Besides your paycheck, are you taking advantage of some of the other financial benefits NYS offers to state employees such as the NYS Deferred Compensation Plan, Dependent Care Advantage Account, Health Care Spending Account, Adoption Advantage Account, and NYS-Ride?
- 7. The average family spends approximately \$1,500 for holiday gifts. This week start saving \$41 every week until mid-December. You will have saved that amount and won't have to use your credit card, although you may want to if you are counting on the rewards.
- 8. Before you go grocery shopping this week, check your pantry. Are there any meals you can make with the ingredients you already have on hand?
- 9. Do you routinely put purchases on your credit card without thinking? This is a great question to ask yourself when you are paying your credit card bill. Before sending the payment, see how much it costs to finance the amount you borrowed if you generally don't pay the balance in full every month.
- 10. NYS Deferred Compensation has online webinars covering topics about how to enroll in the program, asset allocation, and pre-retirement planning. For a list of webinars, go to <https://www.nysdcp.com/iApp/tcm/nysdcp/learning/webinars/index.jsp>.
- 11. Here are some important financial goals to consider: pay off your debt, including your car loan and student loan, strive for homeownership, and set up a savings account for special occasions, such as a wedding or vacation, or an emergency.
- 12. Start this week with a "No buy" challenge (no new clothes, no "take out" from restaurants, no to-go coffee or snacks, no beauty products, no home décor, no books or magazines). Choose one, and track how much you save in a week.
- 13. Examine your financial readiness for retirement after reading chapter six in the New York State Self-Help Guide to Pre-Retirement @ <https://goer.ny.gov/system/files/documents/2021/01/chapter-6-2021.pdf>.
- 14. Review all your memberships and subscriptions. Make a list of how much they cost and ask yourself if you really use them. Include any apps for which you pay a fee, club memberships, and movie, music, and magazine subscriptions.
- 15. Today is a good time to review last year's expenditures and search online for suggestions on ways to reduce your tax bill for next year.
- 16. Looking for ways to make money? Sell your clutter! Take a picture of the item, create a description, determine the selling price, and post the information on an online selling service. In your search engine, search "how to sell my stuff online" for more information.
- 17. Automatic savings is one of the best ways to save without having to remember to do it. Having \$50 per week put into a savings account equals \$2,600 in just one year.
- 18. Today, check your credit score! To be financially fit, it's important to know the facts.
- 19. Here are three easy ways to save money: borrow books from the library instead of buying them, make coffee at home instead of buying it at the coffee shop, and take your lunch to work instead of buying it.
- 20. In late October, put a message on your calendar to sign up for the 2022 NYS Health Care Spending Account. Use the following worksheet to keep track of all your 2021 health care expenses to guide you in deciding how much you need to have deducted from your paycheck when you enroll. <https://goer.ny.gov/system/files/documents/2020/11/2021-health-care-spending-account-worksheet.pdf>.
- 21. If you want to lower your bills, try negotiating with the service provider and perhaps look into changing services. Cell phone and insurance companies, cable and internet services, gyms, along with many other companies have multiple price points. Call and ask for the best deal, then compare it to what you are currently paying.

GO BEYOND THE CHALLENGE

- 22. For this next week, track everything you eat and write down everything you spend. Losing weight and reducing debt are very similar. This may give you some insight into how you can make changes to help you reduce both your weight and your spending.
- 23. Do you need assistance with your finances? Click on the following link to find an EAP coordinator. They can help you with financial resources and a referral to a professional for help with budgeting, managing debt, and other financial issues. <https://goer.ny.gov/find-eap-coordinator>
- 24. Review all your retirement and other accounts periodically to ensure you have the correct designated beneficiary. This is important, especially after experiencing significant life changes such as the death of a loved one or a divorce.
- 25. Go online or visit the library to learn the basics of money management. It's your money. Learn as much as you can about how to manage it wisely. For example, do you know your net income? Is your monthly income minus your expenses.
- 26. Do you know your net worth? It is your assets minus your liabilities. It is a good idea to review your finances periodically to see if you are on track to reach your financial goals. When did you last review your finances?
- 27. Check with your local bank or credit union to see if they offer seminars or webinars on how to manage your finances. Many offer seminars or webinars on topics such as home buying, identity theft, investing, paying for college, and retirement planning.
- 28. Add up all your expenses for April. Are there any expenses you could reduce or eliminate to save money?
- 29. Begin filling a two-liter bottle with dimes. When you have filled the bottle, you will have approximately \$700!
- 30. Today is the last day of April. Go to the WellNYS Everyday website at: <https://wellnys.goer.ny.gov> and **check off the days you participated in the Monthly Challenge.**

NUMBER OF
DAYS COMPLETED