

# Five Minute Money Moves

checklist



# Five Minute Money Moves

Welcome, Money-Mover!

I'm thrilled that you've taken this first step toward transforming your financial life with the "Five Minute Money Moves Checklist."

I created this guide with you in mind, because I know how overwhelming it can feel to make progress with your money when life is already so busy. But here's the thing: even the smallest actions can lead to big results when done consistently. And that's what this guide is all about.

Over the next five days, you'll receive simple, actionable steps that you can complete in just five minutes each day. These aren't just any tasks; they're carefully chosen to help you gain more control, clarity, and confidence with your finances. I know you're capable of great things, and I'm honored to walk this path with you.

Remember, this journey isn't about perfection—it's about progress. Celebrate every small win along the way, because each one is bringing you closer to the financial freedom you deserve.

I can't wait to see the incredible progress you'll make!

With heartfelt gratitude and encouragement,



*Coach Nicole*



# Five Minute Money Moves

## checklist

### DAY ONE

---

- OPEN AN ALLY HIGH-YIELD SAVINGS ACCOUNT

### DAY TWO

---

- CALCULATE YOUR NET WORTH USING EMPOWER

### DAY THREE

---

- HUNT DOWN YOUR MISSING 401K USING CAPITALIZE
- FIND MISSING MONEY USING UNCLAIMED.ORG

### DAY FOUR

---

- UNSUBSCRIBE FROM PROMOTIONAL EMAILS USING UNROLL.ME
- REMOVE DEBIT AND CREDIT CARDS FROM YOUR COMPUTER AUTOFILL OPTION & RETAILER WEBSITES
- CANCEL ONE (OR MORE) UNUSED SUBSCRIPTION

### DAY FIVE

---

- COMPLETE THE "WHY" EXCERSIZE

### DAY SIX

---

- SIGN UP FOR AUTOMATE YOUR MONEY
- SIGN UP FOR FGA WAITLIST
- SIGN UP FOR 1:1 COACHING

### EXTRA

---

- FOLLOW @ARISE.FINANCIAL.COACHING ON INSTAGRAM
- FOLLOW @ARISE.FINANCIAL.COACHING ON THREADS
- FOLLOW @ARISEFINANCIALCOACHING ON TIKTOK