

FREE CHECKLIST

The ADHD Tax Leak Finder

Five places where money quietly leaks out. Set a 10-minute timer, open your banking app and your email, tick the boxes and write down what you find. No fixing today.

1 Subscriptions 3 MIN

- ☐ Scan the last 2 months of your card and bank statement for charges that repeat.
- ☐ Open your phone's subscriptions list (App Store or Google Play).
- ☐ Search your email for "**renewal**", "**receipt**" and "**your subscription**".
- ☐ Look back 12 months for **yearly** charges — they're the easiest to forget.

2 Fees 2 MIN

- ☐ Search your statement for "**fee**", "**late**", "**overdraft**" and "**interest**".
- ☐ Check for ATM, foreign-transaction and "maintenance" fees.
- ☐ Note any card interest charge, even a small one. Many companies will consider a one-time courtesy refund if you ask. No guarantee — it's their call.

3 Returns 2 MIN

- ☐ Look by the door, in the car and in your closet for "return this" bags.
- ☐ Search your email for "**return by**" and "**return window**".
- ☐ Write the last day to return next to each one.

4 Double charges 1 MIN

- ☐ Same store, same amount, a few days apart? Check it.
- ☐ Two services doing the same job (two streaming apps, two cloud storage plans).
- ☐ Things you re-bought because you couldn't find the first one.

5 Free trials that turned into charges 2 MIN

- ☐ Search your email for "**trial**" and "**your trial ends**".
- ☐ Any new recurring charge you don't recognize? Look it up.
- ☐ Signed up for something "just to try it" lately? Find out when it bills.
- ☐ Put the end date of any trial you want to keep testing on your calendar.

Found a leak? Write it here.

WHAT	AMOUNT	HOW OFTEN	NEXT STEP (CIRCLE ONE)
			Cancel · Return · Ask for a refund · Keep
			Cancel · Return · Ask for a refund · Keep
			Cancel · Return · Ask for a refund · Keep
			Cancel · Return · Ask for a refund · Keep

Want an AI chat to read your statement for you? See [The 20-Minute ADHD Tax Audit](https://moneyrescued.com) at moneyrescued.com