

SPRING “ADULTING” CHECKLIST

7 Tiny Tasks that Make the Rest of the Year Easier.

- Unsubscribe Sweep** Search your email for "unsubscribe" & opt out of the worst offenders.
- Check Recurring Charges** Streaming, apps, and subscriptions you forgot existed. Cancel what you don't use.
- Replace your HVAC Filter** Quick win for airflow, efficiency, and spring allergies.
- Confirm Photo Backup is ON** Make sure that iCloud/Google Photos/Drive is syncing (not just "set up").
- Upgrade One Important Password** Start with email or banking. Turn on two-factor authentication if available.
- Review Your “Who Gets What” Info** If life has changed recently, check beneficiaries and key documents.
- Do One Small “Home” Win** Pick one: clear the junk drawer, start a donate box, clean out your car, replace batteries.

Optional mini-upgrade: Pick one day this week and do just one box. That counts.