WEALTH INSIGHT #022

Keep Track of Your Income and Spending

23 August 2026 | Responsibility | 3 minutes

THOUGHT FOR THE DAY

> Write down how much money comes in, what you spend it on, and what remains.
>
> Kautilya | traditionally attributed

What does it mean?

The Arthashastra describes the administration of a state. In Book II, officials are told to record and check income, spending, and the remaining balance separately. Today's thought is a clear paraphrase of that historical idea.

A short overview also creates security in daily life. When you know what comes in and where your money goes, you notice unnecessary spending sooner. This helps you make calmer decisions.

Put it into practice

01 Write down how much money you have available this month.

02 List your fixed monthly expenses.

03 Calculate how much money remains after those expenses.

YOUR TASK FOR TODAY

Open your banking app and calculate: current balance minus your next fixed expense.

YOUR QUESTION

Which expense would you like to watch more closely from today?

Idea based on Kautilya | traditionally attributed | Arthashastra, Book II, chapters 6-7