

Find every subscription *you forgot you pay for.*

Most people guess they have 3 subscriptions. They have 10+. Claude can search your email receipts and list them all with prices, in about a minute.

What you need:

1. Claude with the Gmail connector on (Settings > Connectors), or paste your last 3 bank statements instead
2. 5 minutes

1 The search prompt

COPY THIS

Search my email from the last 12 months for receipts, renewals, invoices and "your subscription" emails. List every recurring charge in a table: name, price, how often, last charge date, and when I last used it if you can tell. Add a monthly total.

2 The "do I use it?" pass

COPY THIS

For each subscription, tell me: keep, downgrade, or cancel. Flag anything I haven't opened in 60 days, duplicates (like 2 storage plans), and free trials that turned paid.

3 Draft the cancel emails (you send them)

COPY THIS

Draft a short cancellation email or message for each one I mark cancel. Include my account email and ask for confirmation in writing. Don't send anything.

4 Bank statement version (no Gmail)

COPY THIS

Here are my last 3 bank statements: [paste]. Find every charge that repeats monthly or yearly and make the same table with a monthly total.

5 Keep it from coming back

- Ask for the list again every 3 months
- Put trial end dates in your calendar the day you sign up
- Use one card for subscriptions so they're easy to spot

Claude drafts; you decide and you send. It never cancels anything on its own.