



## Tax Deduction Categories Worksheet: Healing Arts

Spreadsheet version available to download at [healyourfinances.com/resources.html](http://healyourfinances.com/resources.html)

### OFFICE

Office rent	
Home office deduction- need square footage used exclusively for biz, total square footage, and rent or mortgage + utilities (separate)	
Equipment/furniture for your space or home office	
Utilities for space or a percentage for home office	
Office supplies- like Office Max stuff and shipping supplies	
Space Supplies- like toilet paper, cleaning supplies, tea, etc	
Laundry for massage linens, etc	
Cell phone- what % do you use it for self vs biz and monthly bill amount	
Internet bill- what % do you use for self vs biz and monthly bill amount	
Electronics- tablet, computer, etc	

### MATERIALS

Book, magazines, reference material	
Herbs, crystals, etc. that are related to your work as tools or research	
Cost Of Goods Sold (COGS): what goes into a product for resale- labels, printing, herbs, bottling	
Inventory/ Wholesale: Goods you purchased from others to re-sell	
Equipment rentals	



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### VEHICLE MILEAGE

How many miles did you drive for work?	
How many miles did you drive for personal use?	
How many miles did you drive for "commuting" - from your home to a primary work site?	

### LEGAL

Business and malpractice insurance	
Legal and professional fees- including accountants, consultants	
Bank fees, check printing, etc	

### BUSINESS SERVICES

Photocopying/ Faxing/ Scanning /Printing etc.	
Messengers, private mail carriers, postage, shipping	
Promotion/advertising- biz cards, web hosting, paid social media	
Online Sellers Fees: Etsy, Paypal, etc/ Square Fees	
Space rentals for events, etc	
Software & Apps for your biz	
Tax preparation- the % that is for your Schedule C & Schedule SE or biz taxes if incorporated	
Accounting & Bookkeeping- services, apps, software, training	
Graphic designer or website design services	



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### TRANSPORTATION & MEALS

Cabs, subways, buses, lyft, uber etc NOT "commuting", only biz related or visiting clients	
Vehicle rental - uhaul, car, etc	
Business meals: any meal where you discuss business or your industry, network, or woo a client (*for 2018 only meals and not "entertainment")	

### VARIOUS

Memberships (professional organizations)	
Conferences- Fees, Materials, & Travel	
Courses/ Workshops	
Healing Treatments & Consultations (related to your field)	
Psychotherapy/psychoanalysis (if you are a therapist)	
Supervision or mentorship	
Contract Labor- \$ you pay to other people to help you. Must issue a 1099 form if you pay \$600 to a person in a year	
Health Insurance premiums (on 1040 form, not Schedule C)	