

Weekly Spending

Date: _____ To: _____

Date	In/Out	Amount	Category
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The best money I spent was:

I'm proud of myself for:

Next week, I want to:

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Monthly Budget

Month: _____

Category	Budget	Actual	Leftover
	\$	\$	\$
	\$	\$	\$
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	\$	\$	\$
	\$	\$	\$
Total	\$	\$	\$

Monthly Check-In

Month: _____

The lows of my month were:

The highs of my month were:

The best financial decision I made was:

The best money I spent was:

Next month, I want to:

Monthly Calendar

Month: _____

Goals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____

Align Your Budget

Perform this exercise every 3 months (every quarter), to see how your priorities have changed and make sure your budget still aligns with your goals.

Step 1.

Set a timer for 2 minutes and write down your top priorities. Don't focus on financial goals - think about the people, places and things that matter most right now. Go!

Step 2.

Based on what you scribbled down in Step 1, write the top 1-5 financial goals you want to work on. (They can be as big and as small as you like!)

Goal 1: _____

Goal 2: _____

Goal 3: _____

Goal 4: _____

Goal 5: _____

Keep everything you wrote down in Step 4 in mind, each time you open your wallet. *Is what you're spending money on going to help you reach your goals?* Think about it, before you swipe!

Step 3.

Pull out your weekly spending sheets and/or log into all your online banking accounts and add up how much money you have allocated to each of your goal(s) in the past 3 months. Is it enough? Could you do more?

Is it enough?

Goal 1: \$ _____ Yes/No

Goal 2: \$ _____ Yes/No

Goal 3: \$ _____ Yes/No

Goal 4: \$ _____ Yes/No

Goal 5: \$ _____ Yes/No

Step 4.

Write down how you're going to get your budget to align with your goals. (Examples: Only get 1 takeout coffee each week, go on a shopping ban for 30 days, sell \$200 worth of stuff on Craigslist, etc.)