

Your weekly money reset.

A few minutes to review, plan, and choose one small step.

01 Look back

- ☐ Review this week's spending.
- ☐ Log savings and debt payments.
- ☐ Check balances against your records.

Notice a pattern. No judgment needed.

02 Look ahead

- ☐ Check your next payday.
- ☐ List bills due in the next seven days.
- ☐ Plan for one upcoming expense.

Next payday: _____

Coming up this week

BILL OR EXPENSE	DUE DATE	AMOUNT (\$)
_____	_____	_____
_____	_____	_____
_____	_____	_____

03 Choose one small win

This week, I will: _____

Amount, if helpful: \$ _____ By: _____

Make it specific and manageable for your week.

One thing that went well

- ☐ Update my workbook.
- ☐ Set my next money check-in.

Next check-in: _____