

Days 5–11: Track Every Dollar

For seven days, write down everything you spend, even a \$2 coffee or an app purchase. Mark each one as a need or a want, and note how you felt. Patterns show up faster than you'd expect.

Day 8: Subscriptions & Recurring Charges Audit

Scroll through the last 60 to 90 days of bank and card statements and list every charge that repeats. Include streaming, apps, memberships, cloud storage, delivery passes, and free trials that quietly turned paid. Decide what stays.

[illegible]

Days 15–16: Build Your First Budget

Use your income map and expense lists to plan next month. Start with essentials: housing, utilities, food, transportation, minimum debt payments. Then add savings, then wants. Fill in 'Actual' as the month goes on.

Want the full workbook?

These pages come from The 30-Day Money Reset Workbook: 26 guided sections across a 4-week reset, each with a short lesson and a fill-in page.

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