



# Habit Builder

DAILY FINANCIAL HABITS													
Set a Spending Intention													
Remind Yourself of Your "Why"													
Track Daily Spending													
Check Bank Balance													
Reflect on Your Daily Purchases													
Be Kind to Yourself!													

MONTHLY FINANCIAL HABITS	
Review All Spending for the Month	
List all Upcoming Bills & Plan for Payment	
Update Net Worth Spreadsheet	
Research a Financial Topic	

SMALL HABITS ARE THE FOUNDATION OF FINANCIAL FREEDOM. EACH CHECKBOX YOU TICK REPRESENTS PROGRESS TOWARD MASTERING YOUR FINANCES AND DESIGNING THE LIFE YOU WANT.

MONEY MINDSET HABITS							
Take a Financial Gratitude Moment							
Say Your "Personal Financial Mantra" to Yourself							
Reflect on Your Money Triggers							
Forgive Yourself for a Money Mistake You've Made							
Do Something "Free" that Fulfills You							
Reflect on How Your Spending and Values Align							