

The HEART of FINANCE

Weekly Money Check-In

Awareness & Reflection

Set the Tone

Before you begin, take a moment to pause.

Place your feet on the floor, take a slow breath, and allow yourself to settle.

This check-in is not about perfection.

It is about awareness.

One word that describes how you feel as you begin:

Weekly Snapshot

This section provides a high-level view of your finances for the week.

Exact numbers are optional unless they are helpful to you.

Money that came in this week:

Money that went out this week:

Any notable or unexpected expenses or income:

Current balance(s) (big-picture view):

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Emotional Awareness

Your relationship with money includes thoughts and emotions. Recognizing them helps create space for more intentional choices.

When I think about my finances right now, I feel:

One recurring thought I've noticed about money this week:

Does this thought feel helpful or unhelpful? Why?

Alignment & Planning

Values & Spending Alignment

This section helps you reflect on how your spending aligns with what matters most to you.

Did my spending align with my priorities and values this week?

One financial choice I feel good about:

One area I would like to approach differently moving forward:

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Looking Ahead

Focus on one realistic, supportive step for the week ahead.

One financial priority for the coming week:

One action I can take to support my future self:

One concern I can intentionally set aside for now:

Closing Reflection

Financial well-being is built over time through small, consistent actions.

This check-in is one way to stay engaged without pressure.

Word or intention for the coming week:
