



7 DAY

SPEND TRIGGER

Journal



A WEEK OF AWARENESS.
BETTER CHOICES. MORE FREEDOM.

UNDERSTAND YOUR TRIGGERS.
ALIGN YOUR SPENDING.
CREATE THE LIFE YOU WANT.

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HOW TO USE THIS JOURNAL

This is a seven day journey to help you notice your spending triggers, understand what drives them, and make choices you feel good about. A few quiet minutes each day is all it takes.

1

NOTICE

Observe your thoughts, feelings, and surroundings before you spend.

2

UNDERSTAND

Identify the real trigger beneath the urge to spend.

3

CHOOSE

Respond with intention, in line with your values and goals.

BE KIND TO YOURSELF

Awareness is the first step to change. You do not have to be perfect, just present.

You have got this.

DAY 1 *Awareness*

DATE _____

Awareness is where change begins.

WHAT TRIGGERED THE URGE TO SPEND TODAY?

A person, a place, a mood, a moment. Describe what set it off.

WHAT DID I WANT TO BUY, OR WHAT DID I BUY?

Be specific. Name the thing and roughly what it cost.

HOW DID I FEEL BEFORE, AND HOW DID I FEEL AFTER?

Two honest sentences. Before, then after.

TODAY'S TAKEAWAY

DAY 2 *Dig Deeper*

DATE _____

The real reason is rarely the thing itself.

WHAT WAS THE REAL REASON BEHIND THE URGE?

Look one layer beneath the surface reason.

WHAT NEED WAS I TRYING TO MEET?

Comfort, connection, reward, distraction, relief, something else.

WHAT ELSE COULD HAVE MET THAT NEED?

Something that costs little or nothing.

TODAY'S TAKEAWAY

DAY 3 *Patterns*

DATE _____

Patterns inform. Awareness transforms.

WHAT PATTERNS AM I NOTICING SO FAR?

Times of day, moods, places, people, situations.

WHEN AM I MOST LIKELY TO SPEND WITHOUT THINKING?

The moment autopilot takes over.

WHICH TRIGGER SHOWS UP MOST OFTEN?

Name it plainly. Naming it shrinks it.

TODAY'S TAKEAWAY

DAY 4 *Values Check*

DATE _____

Your values are your compass.

DID TODAY'S SPENDING LINE UP WITH WHAT MATTERS TO ME?

Yes, no, or somewhere in between. Why?

WHAT MATTERS MOST TO ME RIGHT NOW?

List your top three.

HOW CAN MY SPENDING SERVE THOSE THREE THINGS?

One practical idea is enough.

TODAY'S TAKEAWAY

DAY 5 *Mindful Choices*

DATE _____

A pause is a powerful thing.

DID I PAUSE BEFORE SPENDING TODAY?

What helped me pause, or what rushed me?

WHAT WAS ONE MINDFUL CHOICE I MADE?

However small. Small counts.

WHAT DO I WANT TO TRY TOMORROW?

One tiny experiment.

TODAY'S TAKEAWAY

DAY 6 *Reframe*

DATE _____

You can rewrite the story.

WHAT STORY DO I TELL MYSELF THAT LEADS ME TO SPEND?

The quiet sentence that gives permission.

WHAT NEW BELIEF COULD I CHOOSE INSTEAD?

Write it as if you already believe it.

AN AFFIRMATION FOR TOMORROW

One line you can actually say to yourself.

TODAY'S TAKEAWAY

DAY 7 *Plan Forward*

DATE _____

Small shifts today. Big freedom tomorrow.

WHAT HAVE I LEARNED ABOUT MYSELF THIS WEEK?

The honest headline.

WHAT AM I PROUD OF?

At least one thing. You showed up.

MY PLAN GOING FORWARD

Three small commitments.



CELEBRATE YOU

You showed up for yourself this week. That is the real win.



KEEP GOING

Awareness is a practice,
not a destination.
Keep choosing you.

ONE INTENTIONAL CHOICE
CAN CHANGE EVERYTHING.

