

7 DAY
SPEND TRIGGER
JOURNAL



A WEEK OF AWARENESS.
A LIFETIME OF INTENTIONAL CHOICES.



AWARENESS IS THE FIRST STEP.



TODAY, I SPENT ON

What did you buy? Be specific.



THE TRIGGER

What prompted this purchase or urge?



HOW I WAS FEELING

Emotion and energy level.



WAS IT ALIGNED WITH MY VALUES?

Yes, no, unsure. Why?

TODAY'S REFLECTION

What did you learn about yourself?



LOOK BENEATH THE SURFACE.



TODAY, I SPENT ON

What did you buy? Be specific.



THE TRIGGER

What prompted this purchase or urge?



HOW I WAS FEELING

Emotion and energy level.



WAS IT ALIGNED WITH MY VALUES?

Yes, no, unsure. Why?

TODAY'S REFLECTION

What did you learn about yourself?



PATTERNS CREATE POWER.



TODAY, I SPENT ON

What did you buy? Be specific.



THE TRIGGER

What prompted this purchase or urge?



HOW I WAS FEELING

Emotion and energy level.



WAS IT ALIGNED WITH MY VALUES?

Yes, no, unsure. Why?

TODAY'S REFLECTION

What did you learn about yourself?



A PAUSE CREATES CHOICE.



TODAY, I SPENT ON

What did you buy? Be specific.



THE TRIGGER

What prompted this purchase or urge?



HOW I WAS FEELING

Emotion and energy level.



WAS IT ALIGNED WITH MY VALUES?

Yes, no, unsure. Why?

TODAY'S REFLECTION

What did you learn about yourself?



REPLACE, DO NOT JUST REMOVE.



TODAY, I SPENT ON

What did you buy? Be specific.



THE TRIGGER

What prompted this purchase or urge?



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Emotion and energy level.



WAS IT ALIGNED WITH MY VALUES?

Yes, no, unsure. Why?

TODAY'S REFLECTION

What did you learn about yourself?



ALIGN YOUR SPENDING WITH YOUR VISION.



TODAY, I SPENT ON

What did you buy? Be specific.



THE TRIGGER

What prompted this purchase or urge?



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TODAY'S REFLECTION

What did you learn about yourself?



REFLECT. RESET. REALIGN.



TODAY, I SPENT ON

What did you buy? Be specific.



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WAS IT ALIGNED WITH MY VALUES?

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TODAY'S REFLECTION

What did you learn about yourself?





AWARENESS TODAY. FREEDOM TOMORROW.



THANK YOU FOR SHOWING UP
FOR YOURSELF THIS WEEK.

Small shifts. Big change. You are on your way.

LOOKING AHEAD

One intention I am taking with me:

