



7 DAY

SPEND TRIGGER

JOURNAL

A WEEK OF AWARENESS.
A LIFETIME OF FREEDOM.

THIS JOURNAL BELONGS TO

DAY

I

Awareness is the first step to change.

DATE ____ / ____ / ____

SPEND I MADE	AMOUNT	NEED / WANT / OTHER

MY TRIGGERS

- ☐ Stress
- ☐ Boredom
- ☐ Emotions
- ☐ Social pressure
- ☐ Habit
- ☐ Reward
- ☐ Other _____

WHAT I WAS FEELING

- ☐ Happy
- ☐ Anxious
- ☐ Sad
- ☐ Lonely
- ☐ Frustrated
- ☐ Overwhelmed
- ☐ Other _____

WHAT I REALLY NEEDED

WHAT I DID INSTEAD, OR WISH I DID

ONE THING I LEARNED ABOUT MYSELF TODAY

DAY

Notice the pattern. You have more power than you think.

DATE ____ / ____ / ____

2

SPEND I MADE	AMOUNT	NEED / WANT / OTHER

MY TRIGGERS

- ☐ Stress
- ☐ Boredom
- ☐ Emotions
- ☐ Social pressure
- ☐ Habit
- ☐ Reward
- ☐ Other _____

WHAT I WAS FEELING

- ☐ Happy
- ☐ Anxious
- ☐ Sad
- ☐ Lonely
- ☐ Frustrated
- ☐ Overwhelmed
- ☐ Other _____

WHAT I REALLY NEEDED

WHAT I DID INSTEAD, OR WISH I DID

ONE THING I LEARNED ABOUT MYSELF TODAY

DAY

3

*You cannot change what you do not
acknowledge.*

DATE ____ / ____ / ____

SPEND I MADE	AMOUNT	NEED / WANT / OTHER

MY TRIGGERS

- ☐ Stress
- ☐ Boredom
- ☐ Emotions
- ☐ Social pressure
- ☐ Habit
- ☐ Reward
- ☐ Other _____

WHAT I WAS FEELING

- ☐ Happy
- ☐ Anxious
- ☐ Sad
- ☐ Lonely
- ☐ Frustrated
- ☐ Overwhelmed
- ☐ Other _____

WHAT I REALLY NEEDED

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ONE THING I LEARNED ABOUT MYSELF TODAY

DAY

*Pause. Reflect. Choose
differently.*

DATE ____ / ____ / ____

4

SPEND I MADE	AMOUNT	NEED / WANT / OTHER

MY TRIGGERS

- ☐ Stress
- ☐ Boredom
- ☐ Emotions
- ☐ Social pressure
- ☐ Habit
- ☐ Reward
- ☐ Other _____

WHAT I WAS FEELING

- ☐ Happy
- ☐ Anxious
- ☐ Sad
- ☐ Lonely
- ☐ Frustrated
- ☐ Overwhelmed
- ☐ Other _____

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DAY

5

Small pauses today. Big freedom tomorrow.

DATE ____ / ____ / ____

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MY TRIGGERS

- ☐ Stress
- ☐ Boredom
- ☐ Emotions
- ☐ Social pressure
- ☐ Habit
- ☐ Reward
- ☐ Other _____

WHAT I WAS FEELING

- ☐ Happy
- ☐ Anxious
- ☐ Sad
- ☐ Lonely
- ☐ Frustrated
- ☐ Overwhelmed
- ☐ Other _____

WHAT I REALLY NEEDED

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ONE THING I LEARNED ABOUT MYSELF TODAY

DAY
6

Discomfort is temporary. Growth is lasting.

DATE ____ / ____ / ____

SPEND I MADE	AMOUNT	NEED / WANT / OTHER

MY TRIGGERS

- ☐ Stress
- ☐ Boredom
- ☐ Emotions
- ☐ Social pressure
- ☐ Habit
- ☐ Reward
- ☐ Other _____

WHAT I WAS FEELING

- ☐ Happy
- ☐ Anxious
- ☐ Sad
- ☐ Lonely
- ☐ Frustrated
- ☐ Overwhelmed
- ☐ Other _____

WHAT I REALLY NEEDED

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ONE THING I LEARNED ABOUT MYSELF TODAY

DAY

7

*Celebrate progress, not
perfection.*

DATE ____ / ____ / ____

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MY TRIGGERS

- ☐ Stress
- ☐ Boredom
- ☐ Emotions
- ☐ Social pressure
- ☐ Habit
- ☐ Reward
- ☐ Other _____

WHAT I WAS FEELING

- ☐ Happy
- ☐ Anxious
- ☐ Sad
- ☐ Lonely
- ☐ Frustrated
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- ☐ Other _____

WHAT I REALLY NEEDED

WHAT I DID INSTEAD, OR WISH I DID

ONE THING I LEARNED ABOUT MYSELF TODAY



WEEK IN REFLECTION

WHAT WERE MY TOP SPEND TRIGGERS THIS WEEK?

1. _____
2. _____
3. _____

WHAT PATTERNS DID I NOTICE?

I AM PROUD OF

NEXT WEEK, I WILL

MY INTENTION FOR NEXT WEEK

A GENTLE REMINDER

You do not have to be perfect. You just have to be present.