



Weekly Financial Check-In

A simple rhythm for staying grounded and aware.

Before You Begin

This is not a review of what you “did right” or “wrong.”

This is a **weekly pause** to:

- notice
- reflect
- gently adjust

You only need 5-10 minutes.

Take a breath before you begin.

You don't need to overhaul your finances.

You just need a simple weekly moment of awareness.



Part 5: One Small Adjustment

Not a full plan-- just a small shift.

One thing I'd like to adjust or approach differently:

Part 6: My Focus for the Upcoming Week

Keep it simple.

One area I want to stay aware of:



Part 7: Supporting Myself

Choose support, not pressure.

One way I will support myself this week:

- Keep things simple
- Take one step at a time
- Avoid overthinking
- Give myself space to learn
- Ask for help if needed
- Other: _____



Closing Reflection

Consistency creates clarity.

Clarity builds confidence.

Confidence rebuilds self-trust.

You are not trying to do everything.

You are learning to stay present with what is.

Your thoughts...
