

# Money Mindset Tracker <sup>+</sup> Budget Template

Your mindset around money shapes your financial reality. Use this tracker to bring awareness to your spending habits, shift into an abundance mindset, and cultivate intentional financial habits that serve you and get you closer to your goals. Here's to transforming your relationship with money.

## Monthly Money Goals

Set clear and intentional money goals each month.

Income Goal:

\_\_\_\_\_

Savings Goal:

\_\_\_\_\_

Debt Payoff Goal:

\_\_\_\_\_

One action I'll take to improve my financial health: \_\_\_\_\_.

### Daily Money Check-In

Write about money daily. Spotting patterns helps reshape your mindset.

1. Today, I feel \_\_\_\_\_ about money because \_\_\_\_\_.
2. One positive money affirmation I will repeat today:  
\_\_\_\_\_.
3. One small financial action I can take today to align with abundance:  
\_\_\_\_\_.

### Weekly Spending Reflection

At the end of the week, reflect on your spending. Awareness creates empowerment.

1. This week, I spent intentionally on:  
\_\_\_\_\_.
2. This week, I could have been more mindful about:  
\_\_\_\_\_.
3. One financial habit I want to improve next week:  
\_\_\_\_\_.

### Abundance Affirmations

Speak these affirmations daily to build an abundant, empowered money mindset.

1. Money flows to me with ease.
2. I am worthy of financial success and there is always more than enough.
3. I make smart and confident financial decisions.

## Our Favorite Budget Template

Track your progress, celebrate your wins, and watch your financial mindset transform. After all, money is a reflection of mindset. When you think abundantly, you create abundantly.

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for women who want more for themselves and their lives