

## Financial Habits Reflection



When we notice patterns in our spending, we are more equipped to take control of our habits and work toward changing them. Use this resource if you find that it's hard to stop overspending and you'd like to understand more about your financial habits.

Fill out this worksheet weekly to help you understand your financial needs, wants, and to uncover spending habits.

**Week of:** \_\_\_\_\_

**Current Balance:** \_\_\_\_\_

**Amount Saved this Week:** \_\_\_\_\_

**List your upcoming expenses/ needs:**

- 1.
- 2.
- 3.
- 4.
- 5.

**List your upcoming extras/ wants:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Did you stick within your goals this week? If not, use this space to reflect on what happened:**

**What is something you are proud of this week?**

**What is one small goal you have for the week ahead?**