smartpurse

Money Mood Tracker

Money Goal: .....

In the space above, write your goal for your money - this can be anything, from spending less on food each week, to investing a certain amount each month. At the end of each day, take a moment to reflect on your goal. Using your colour code, colour the day, and watch as the weeks fly by.

At the end of each month, see if you notice any trends - when do you feel most confident in your goal? Are there key life events you now know make you feel guilty? Learn from this tracker, and create a safe space for yourself to think about your money.

Fill in your Colour Code:

Confident ☐

OK ☐

Worried ☐

Guilty ☐

..... ☐

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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