

FREE RESOURCE

Weekly Money Check-In

Free 2-page reflection sheet for a quick weekly reset.

Practical planning. Clear next steps. No hype.

MoneyFlowsToMe.com

10-Minute Weekly Money Check-In

Use this once a week. The goal is awareness, not perfection.

- ☐ Check current account balances
- ☐ Review upcoming bills for the next 7 days
- ☐ Look at recent spending without judging it
- ☐ Move money toward one current goal
- ☐ Confirm your next payday and major expense

One thing that went well this week

One thing I want to adjust next week

Next Week Plan

Choose one or two small actions you can realistically complete.

Action	When	Done

Reminder

A weekly check-in is useful because it keeps decisions visible. It is not a substitute for individualized financial advice.