



Small money intentions for the week ahead:



Monday

Make a meal plan for the week that allows you to plan for indulgences while sticking to your budget.



Tuesday

Start a wishlist of items you get the impulse to buy. Revisit it every 30 days to see if you still actually want every item on the list.



Wednesday

Have a “money date” with yourself or your partner. Comb through all of last month’s expenses, audit your subscriptions and cancel the ones you don't need, and make a realistic budget for the month ahead.



Thursday

Research one finance topic that still feels over your head. Start reading a book about investing, sign up for a debt payoff webinar, etc.



Friday

Transfer any small amount you can part with immediately to savings, whether that’s \$5 or \$50.