

# 30 Day Financial Reset

Write down all income sources	List all monthly bills	Track every expense today	Cancel or pause 1 subscription	Check bank balances
Review last 30 days of spending	Set 1 financial goal	Create a simple budget	Set weekly spending limits	No-Spend Day
Meal plan to save money	Identify your top spending trigger	Cash-only or debit-only day	Reflect: what worked this week?	Open or label a savings goal
Save your first amount (\$5-\$50)	List all debts (no judgment)	Choose debt method (snowball or avalanche)	Make an extra debt payment (any amount)	Start or update sinking funds
Celebrate progress (free or low-cost)	Check your credit report	Review credit card balances	Set bill reminders or autopay	Create an emergency fund plan
Write a money affirmation	Set next month's money goals	Plan a no-spend week	Review savings + debt progress	Reflect & recommit for the next 30 days