





CHALLENGE A LIMITING MONEY BELIEF WRITE 10
INCOME
GENERATING
IDEAS

WRITE 3 THINGS YOU ARE GRATEFUL FOR

MAKE AN 80/20 EVALUATION OF TIME & MONEY

WORK ON THE ONE SKILL THAT WILL HELP YOU MOST START A NO EATING OUT CHALLENGE



SHOP AROUND BEFORE MAKING A BIG PURCHASE

WORK ON
TAKING CARE OF
YOURSELF
(YOU'LL MAKE
BETTER
DECISIONS)

HELP SOMEONE BY BEING GENEROUS WITH YOUR TIME ASK A MONEY
QUESTION TO A
MENTOR (OR
SOMEONE YOU
ADMIRE)

SET A CLEAR BOUNDARY WHERE IT'S NEEDED



USE UP FOOD BEFORE BUYING NEW WRITE OR
REVIEW GOALS
EVERY DAY

ADD TO AN EMERGENCY FUND

FIND AN ACCOUNTABILITY PARTNER