

MONEY JOURNAL

KEEP TRACK OF YOUR SPENDING

	WHAT ITEMS DID YOU BUY, AND WHAT DATE DID YOU BUY THEM?	HOW MUCH DID IT COST?	WHAT TIME OF DAY WAS IT WHEN YOU MADE THE PURCHASE?	WHY DID YOU DECIDE TO BUY IT THEN?	HOW DID YOU FEEL WHEN YOU MADE THE PURCHASE?	HOW DID YOU FEEL WHEN THE ITEM ARRIVED?	DID YOU KNOW WHAT WAS IN THE PACKAGE BEFORE YOU OPENED IT?
1							
2							
3							
4							
5							

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KEEP TRACK OF YOUR SPENDING ARRIVAL

	WERE YOU EXPECTING IT?	DO YOU KNOW EVERYTHING THAT IS IN IT?	HOW LONG DOES IT TAKE YOU TO OPEN THE BOX?	HOW DID YOU FEEL WHEN YOU SAW THE BOX?	HOW DO YOU FEEL WITH THE ITEMS NOW THEY ARE IN YOUR HANDS?
1					
2					
3					
4					
5					

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