



Monthly Money Reset Checklist

A calm, simple system to reset your finances each month

1. Set the Tone

- Sit somewhere calm
- Make a coffee or tea
- Take a deep breath
- This is a reset, not a judgment

2. Review the Past Month

- Checked accounts
- Reviewed spending
- Noted surprises

Reflection:

What went well? _____

What felt off? _____

Any surprises? _____



3. Reset Your Numbers

- Reviewed fixed expenses
- Adjusted spending
- Set savings

Income: _____ Expenses: _____ Savings: _____

4. Monthly Focus

- Spend less on _____
- Save € _____
- Check finances ____ times
- Other: _____

5. Small Wins

- Automate savings
- Cancel subscriptions
- Set reminder

Notes:

Small steps create long-term change
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