

DIARY OF EXPENSES

(Take a look at what you spend in a week. Then look at the cost of these expenses for an entire year. Is the spending worth it?)

DAY	TIME	ITEM BOUGHT	AMOUNT SPENT	CATEGORY	MOTIVATION/EMOTION	CAN THIS EXPENSE BE REDUCE?
MONDAY			\$			
			\$			
			\$			
			\$			
TUESDAY			\$			
			\$			
			\$			
			\$			
WEDNESDAY			\$			
			\$			
			\$			
			\$			
THURSDAY			\$			
			\$			
			\$			
			\$			
FRIDAY			\$			
			\$			
			\$			
			\$			
SATURDAY			\$			
			\$			
			\$			
			\$			
SUNDAY			\$			
			\$			
			\$			
			\$			

SNAPSHOT OF SPENDING

Total weekly spending: \$0.00

Estimated Yearly Spending (total weekly X 52 weeks):

SPENDING TRIGGERS	
SPENDING TRIGGER (Take a look at your diary and list the categories you spent the most money in or spent frequently)	DETAILS (Note the motivations/emotions that led to this spending. Are you an emotional spender? Can you reduce the takeout?)
Conclusion:	