

Sunday Check-In

About Last Week...

Date	Transaction	Category	Withdrawal	Deposit	Balance

What's due next week?

_____	_____
_____	_____
_____	_____
_____	_____

How does this make me feel? What can I do to feel more grounded?

Top 3 Priorities: _____

One thing I'm saying yes to: _____

One thing I'm letting go of: _____