NIGHT ROUTINE · FREE PRINTABLE

10-Minute Night Routine for Money

A calm close to the day. Tick each step, and track your nights below.

- [ ] The one-minute money check (1 min)
- [ ] Write tomorrow's one money task (2 min)
- [ ] Prepare to save tomorrow (2 min)
- [ ] Name three good things (2 min)
- [ ] One calm affirmation or calm audio (2 min)
- [ ] Phone away (1 min)

Tomorrow's one money task

Three good things today

Things I wanted to buy (decide tomorrow, not tonight)

14-night tracker

1	2	3	4	5	6	7
8	9	10	11	12	13	14

Hard night? Do just steps 1 and 2. One calm minute beats lying awake worrying.