Free Money Check-In

ETJourne.com | ENTowner

A simple 10-minute worksheet to see where your money needs attention next.

Clarity today. Better choices tomorrow.

1 Income Snapshot

Main income: ______________________

Other income: ______________________

Total income: ______________________

Question: What money is coming in this month?

2 Essential Bills Check

Bill	Amount	Due

Circle or note what needs attention first.

3 Savings & Emergency Readiness

	Yes	No
Do I have any savings set aside?	○	○
Can I save something this week?	○	○
Do I know my top emergency need?	○	○

Small amount I can save: ______________________

4 Debt & Money Pressure

Debt/Bill	Balance	Min.	Stress

Low 1 2 3 4 5 High

5 My One Next Step

Do not try to fix everything today. Choose the one thing that needs your attention first.

First priority: ______________________

One action I can take: ______________________

When I will do it: ______________________

Who/what can help me: ______________________

7-Day Money Reset

One small money task each day. No pressure. Just progress.

This Week, I Will...

- **Day 1** List every bill I can find. ○
- **Day 2** Write down due dates and amounts. ○
- **Day 3** Check balances and upcoming payments. ○
- **Day 4** Cancel or question one unnecessary expense. ○
- **Day 5** Save something, even if it is small. ○
- **Day 6** Review my debt or money pressure. ○
- **Day 7** Choose my next best financial step. ○

Quick Reflection

What did I learn about my money this week? ______________________

My next step is: ______________________

Keep Building From Here

Use this check-in as your first step. For a deeper bill-management system, visit ETJourne.com and explore the Bill Payment Organizer & Reminder.