

Gentle Start Habit Checklist

"You don't have to do everything — you just have to start."

◆ Daily Gentle Habits – One Week Tracker

Tick off each habit as you complete it. These are small, gentle steps to help you get started.

Day	<input type="checkbox"/> Checked my bank balance	<input type="checkbox"/> Logged 1 thing I bought	<input type="checkbox"/> Skipped 1 non-essential item
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

End of Week Reflection

One thing I learned about my spending this week:

One thing I'm proud of:

One thing I'll try next week:
