

Emotional Spending Journal

This journal is designed to help you understand the emotional triggers behind your spending habits. Use it whenever you feel the urge to spend or after making a purchase to reflect on the experience.

Journal Entry 1

Date & Time:

What was I doing just before the urge to spend?

What emotion was I feeling?

What did I want to buy (or did buy)?

What did I hope it would make me feel?

Did I go through with the purchase?

How do I feel now?

What could I try instead next time?

Journal Entry 2

Date & Time:

What was I doing just before the urge to spend?

What emotion was I feeling?

What did I want to buy (or did buy)?

What did I hope it would make me feel?

Did I go through with the purchase?

How do I feel now?

What could I try instead next time?

Journal Entry 2

Date & Time:

What was I doing just before the urge to spend?

What emotion was I feeling?

What did I want to buy (or did buy)?

What did I hope it would make me feel?

Did I go through with the purchase?

How do I feel now?

What could I try instead next time?

Weekly Reflection

At the end of the week, take a few moments to reflect on what you've learned.

- • What emotional triggers came up most often this week?

- • Did I notice any new patterns or habits forming?

- • What worked well to help me pause or redirect the impulse?

- • What could I do differently next week?

- • Any small wins I want to celebrate?
