THE SEASONAL

MONEY RESET

Five small moves to help you prepare for what comes next.

THIS RESET ☐ Winter ☐ Spring ☐ Summer ☐ Fall Date ______ Next reset ______

1 LOOK BACK

Review the last 30 days. Notice patterns without judging them.

A purchase that surprised me ______

Weekend or convenience spending I noticed ______

Seasonal activities, travel or treats ______

Subscriptions or recurring charges ______

One expense I would handle differently ______

2 LOOK AHEAD

List expenses likely to arrive before your next reset.

UPCOMING EXPENSE	EXPECTED DATE	ESTIMATED COST	SAVED SO FAR

Ideas: school or childcare | travel | vehicle or home maintenance | holidays | annual bills

3 RESET ONE SAVINGS GOAL

Choose a realistic amount and automate it if you can.

I am saving for ______ Target amount ______

I already have ______ I will save ______

Frequency ☐ Weekly ☐ Each paycheck ☐ Monthly Transfer date ______

THE SEASONAL

MONEY RESET

Five small moves to help you prepare for what comes next.

4 CANCEL, PAUSE OR REDUCE ONE EXPENSE

A small recurring charge can become meaningful savings over time.

EXPENSE	MONTHLY COST	MY DECISION	MONTHLY SAVINGS

ESTIMATED ANNUAL SAVINGS

Monthly savings x 12 =

My first step

5 SCHEDULE A FIVE-MINUTE WEEKLY CHECK-IN

Consistency matters more than a perfect budget.

Day

Time

Where

MY FIVE-MINUTE ROUTINE

- [ ] Check current balances
- [ ] Confirm savings progress
- [ ] Review recent purchases
- [ ] Make one small adjustment
- [ ] Look at upcoming bills

SEASONAL REFLECTION

Finish by choosing the lesson and priority you want to carry forward.

One thing that worked this season

One habit I want to change

My financial priority for next season

MY NEXT RESET DATE

Put it on your calendar before you finish.