

20-MINUTE WEEKLY MONEY RESET



A SIMPLE ROUTINE. BIG IMPACT.

Spend just 20 minutes each week to reduce stress, build awareness, and take back control of your finances.



1 OPEN YOUR ACCOUNTS

- Log in to your bank, credit cards, budgeting tools, and payment apps.
- This is about showing up, not fixing everything.

 **2**
MINUTES

Just open
and breathe.



2 CHECK BALANCES

- Review checking, savings, credit cards, and cash on hand.
- Awareness is power—no judgment here.

 **3**
MINUTES

Know where
you stand.



3 REVIEW UPCOMING EXPENSES

- Look at the next 7 days.
- Check bills, due dates, autopays, and upcoming expenses.
- Identify what's essential.

 **5**
MINUTES

Avoid surprises
and plan ahead.



4 IDENTIFY ONE RISK AREA

- What is the biggest financial risk for you this week?
- Choose ONE area to focus on.
- Decide what will help reduce that risk.

 **5**
MINUTES

One focus.
Big difference.



5 CHOOSE ONE SMALL WIN

- Pick one achievable financial action for the week.
- Small wins build momentum!

 **5**
MINUTES

One step today.
A better tomorrow.



WHY IT WORKS

- ✓ Reduces financial avoidance
- ✓ Builds awareness and confidence
- ✓ Creates structure without overwhelm
- ✓ Helps you stay in control
- ✓ Encourages steady, lasting progress



TIPS FOR SUCCESS

- ✓ Set a consistent day and time.
- ✓ Use a timer—20 minutes is enough.
- ✓ Be kind to yourself.
- ✓ Focus on progress, not perfection.



**YOU DON'T HAVE TO BE PERFECT.
YOU JUST HAVE TO KEEP SHOWING UP.**

One reset. Every week.
YOUR FINANCIAL RECOVERY MATTERS.