

5 days to take control of your money

A practical guide to fill in, review and turn your money into visible decisions.

NAME

DATE

Start with guidance and honesty

Before you start

You do not need to do it perfectly. You need to make it visible. Each day has a question, a simple calculation and a space to decide what changes today.

- Spend 10 minutes a day.
- Write real numbers, even if you do not like them.
- Do not judge the past. Organize the next step.
- Choose one concrete action at the end of each page.

My goal for these 5 days

DAY 1

The map of your money

Understand where it comes from and where it goes in 10 minutes.

Real income

Fixed expenses

Variable expenses

What slips away

What I discovered

The decision I make today

DAY 2

The rule that changes everything

A simple percentage that reorganizes your priorities.

Needs

Debt

Savings

Life

What I discovered

The decision I make today

DAY 3

The invisible enemy

The money leaks you do not see and how to close them today.

Subscriptions

Impulse purchases

Fees

Emotional spending

What I discovered

The decision I make today

DAY 4

Your first shield

How to build a financial cushion even if you start from zero.

Initial goal

Weekly amount

Separate account

Rule of use

What I discovered

The decision I make today

DAY 5

The habit that multiplies

The decision that separates those who build wealth from those who do not.

Automate

Invest time

Review

Maintain

What I discovered

The decision I make today

Your new minimum system

Summarize here the rules you will keep. Less noise, more structure.

My income rule

My spending rule

My savings rule

My weekly review
