

A Week of Small Things

Track a week of small spending, without judging any of it.

WHEN TO USE THIS

Use this over seven days. Fill in a line whenever you spend.

No judging on this page. You are collecting information, nothing else.

Note the small ones as they happen.

DAY	WHAT	HOW I FELT

Looking back at the week, what surprised you?

Which of these did you really want, and which happened on autopilot?

Noticing is the whole task. Changing anything comes later, if at all.