

When Money Worry Wakes You

For the 3 a.m. sums that go round and round and never come out right.

WHEN TO USE THIS

Use this in the morning after a night your head would not stop.

What was going round last night?

Is there anything on that list you can do something about today?

What can only be dealt with in daylight, with someone else?

Write it here so your head can hand it over.

Name three things that help you put it down at night.

1.

2.

3.

Night makes every number bigger. Check them again in the morning.