



WHAT ARE YOUR BIGGEST FEARS OR CONCERNS WHEN IT COMES TO YOUR PERSONAL FINANCES?



WHAT FINANCIAL TASK, CONNECTED TO YOUR FEAR, ARE YOU AVOIDING? WHY?



HOW DO YOU THINK ACCOMPLISHING THAT FINANCIAL TASK WOULD MAKE YOU FEEL? IN WHAT WAYS COULD IT POSITIVELY IMPACT OR IMPROVE YOUR LIFE?

HOMework: THIS WEEK, TAKE ACTION ON THE FINANCIAL TASK YOU'VE BEEN AVOIDING. IF IT'S A LARGE AND DAUNTING TASK, BREAK IT UP INTO SMALL BITE-SIZED TASKS AND COMPLETE THE FIRST STEP.

WHAT FINANCIAL TASK WILL YOU BE COMPLETING THIS WEEK?:

(CLEARLY IDENTIFY A SPECIFIC FINANCIAL TASK OR RESPONSIBILITY YOU WILL ADDRESS)

SCHEDULE THE TIME TO WORK ON THIS TASK:

(BLOCK OFF TIME IN YOUR CALENDAR OR SCHEDULE TO DEDICATE TO THIS FINANCIAL TASK. BE AS SPECIFIC AS POSSIBLE WITH THE DATE, TIME, AND DURATION)

I WILL COMPLETE THIS TASK BY:

(PROVIDE A CLEAR DEADLINE OR TARGET COMPLETION DATE FOR THIS FINANCIAL TASK. THIS WILL HELP CREATE A SENSE OF ACCOUNTABILITY)

ADDITIONAL NOTES