

The 15-Minute Money Check-In

A weekly habit, not a full audit

You don't need to look at everything. You just need to look at something — the same two things, on the same day, every week. That's what this is. Five minutes with your cash flow, ten with a cup of coffee and a moment to notice what changed.

This Week's Cash Flow

Money in this week: _____

Money out this week: _____

What's left: _____

Owner Pay

What I paid myself this week: _____

Showing up for this, even for fifteen minutes, is the part most people
skip

One thing I noticed this week: _____

This is the same check-in from inside the Business Finance System — a weekly routine for cash flow, profit, savings, and owner pay.

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