

*A quick reset to help you understand your habits
and start making better money decisions!*



THE MONEY PATTERN RESET

This takes about 10–15 minutes. Be honest,
because that's where this actually works!



A QUICK NOTE FROM ME

If you're reading this, there's a good chance you've already tried to "do the right things" with money.

Maybe you've budgeted and blown it up. Maybe you've saved diligently and still feel anxious. Maybe you've told yourself you should be better by now.

Here's what I want you to know right away before we move forward. Your money behavior isn't a character flaw. It's learned, adaptive, and shaped by your experiences, not a lack of discipline or intelligence.

Over the years, I've worked with people who earn plenty and still feel stuck, people who avoid looking at their accounts entirely, and people who do everything "right" but can't seem to feel secure. What I've seen again and again is this: when we don't understand why we relate to money the way we do, we end up fighting ourselves instead of building systems that actually work.

This isn't about telling you what you should do with your money. It's about helping you understand how you naturally earn, keep, and grow money so you can stop forcing strategies that don't fit and start making decisions that feel sustainable.

As you move through this worksheet, I encourage you to stay curious, not judgmental. Take what resonates. Leave what doesn't. You don't need to fix everything at once. Awareness is the first step, and it's a powerful one!

You're not behind. You're not broken. And you're not alone in this. I'm so glad you're here!

Amanda Vaksdal



CALL OUT THE PROBLEM

First the good news: You don't have a money problem; you have a pattern problem!

You probably already know what you should be doing with money, right? Spend less. Save more. Stop using credit. Stick to a plan. Sounds easy enough, but that's actually not the issue.

The issue is what happens in the moment! It's the split-second decision after a long day. It's the "I'll deal with it later" thought. It's the quick justification that makes it feel okay right now.

That's where things break down for most people, so you are not alone!

Most money advice focuses on numbers, budgets (hello endless spreadsheets), and rules. But your results are coming from your habits, your reactions, and the patterns you repeat without thinking.

If you don't change the pattern, nothing really changes!

What this reset will do:

- Help you catch what's actually driving your decisions
- Show you the pattern behind your spending
- Give you a simple way to handle it differently next time

The goal isn't about perfection, and more about being aware enough to make a different choice the next time it happens!

Take a few minutes, and be honest with yourself! That's where this starts working.

YOUR MONEY PATTERN BREAKDOWN

Think about your most recent unplanned or questionable money decision, and answer the following questions. This will feel a little uncomfortable. That means you're doing it right!

What did you spend money on?

How much was it?

When did it happen?

What was happening right before you spent the money?

- I was stressed I was bored I felt behind compared to others
 I deserved it I don't know

What did you tell yourself in the moment?

Did you feel good right after? How long did the feeling last? What did you feel later?

Next time this situation happens, what will you do instead? Keep it simple:

When I feel:

Instead of spending, I will:

One small action I'll take:

Examples: Wait 24 hours, check my account first, move money before spending, walk away and come back later, etc