

*Remove decision fatigue and protect your Keep Rate from human error*



# THE 30-DAY MONEY CHECK-IN



# 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 resource, 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*



# THE 30-DAY MONEY CHECK-IN

## DAY 1

- Open your banking app
- Look at your balance
- Read the number
- Close the app

## DAY 2

- Open your banking app
- Look at your balance
- Read the number
- Close the app

## DAY 3

- Open your banking app
- Look at your balance
- Read the number
- Close the app

## DAY 4

- Open your banking app
- Look at your balance
- Read the number
- Close the app

## DAY 5

- Open your banking app
- Look at your balance
- Read the number
- Close the app

## DAY 6

- Open your banking app
- Look at your balance
- Read the number
- Close the app

## DAY 7

- Open your banking app
- Look at your balance
- Read the number
- Close the app

## DAY 8

- Open your banking app
- Look at your balance
- Write down the number
- Close the app

## DAY 9

- Open your banking app
- Look at your balance
- Write down the number
- Close the app

## DAY 10

- Open your banking app
- Look at your balance
- Write down the number
- Close the app

# THE 30-DAY MONEY CHECK-IN

## DAY 11

- Open your banking app
- Look at your balance
- Write down the number
- Close the app

## DAY 12

- Open your banking app
- Look at your balance
- Write down the number
- Close the app

## DAY 13

- Open your banking app
- Look at your balance
- Write down the number
- Close the app

## DAY 14

- Open your banking app
- Look at your balance
- Write down the number
- Close the app

## DAY 15

- Open your banking app
- Look at your balance
- Write down the number
- Close the app
- Open a credit card app
- Write the number
- Close the app

## DAY 16

- Open your banking app
- Look at your balance
- Write down the number
- Close the app
- Open a credit card app
- Write the number
- Close the app

## DAY 17

- Open your banking app
- Look at your balance
- Write down the number
- Close the app
- Open a credit card app
- Write the number
- Close the app

## DAY 18

- Open your banking app
- Look at your balance
- Write down the number
- Close the app
- Open a credit card app
- Write the number
- Close the app

# THE 30-DAY MONEY CHECK-IN

## DAY 19

- Open your banking app
- Look at your balance
- Write down the number
- Close the app
- Open a credit card app
- Write the number
- Close the app

## DAY 20

- Open your banking app
- Look at your balance
- Write down the number
- Close the app
- Open a credit card app
- Write the number
- Close the app

## DAY 21

- Open your banking app
- Look at your balance
- Write down the number
- Close the app
- Open a credit card app
- Write the number
- Close the app

## DAY 22

- Open all accounts
- Look at your balances
- Write down the numbers
- Close the apps

## DAY 23

- Open all accounts
- Look at your balances
- Write down the numbers
- Close the apps

## DAY 23

- Open all accounts
- Look at your balances
- Write down the numbers
- Close the apps

## DAY 24

- Open all accounts
- Look at your balances
- Write down the numbers
- Close the apps

## DAY 25

- Open all accounts
- Look at your balances
- Write down the numbers
- Close the apps

## DAY 26

- Open all accounts
- Look at your balances
- Write down the numbers
- Close the apps

# THE 30-DAY MONEY CHECK-IN

## DAY 27

- Open all accounts
- Look at your balances
- Write down the numbers
- Close the apps

## DAY 28

- Open all accounts
- Look at your balances
- Write down the numbers
- Close the apps

## DAY 29

- Open all accounts
- Look at your balances
- Write down the numbers
- Close the apps

## DAY 30

- Open all accounts
- Look at your balances
- Write down the numbers
- Close the apps

*How did you go? I am always here if you would like to schedule a strategy session with me!*

**You Did It!!!**