

*See where your money goes, and see what you have left!*



# MONTHLY MONEY TRACKER



# 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*



# MONTHLY MONEY TRACKER

INITIAL BALANCE .....

MONTH .....

ENDING BALANCE .....

YEAR .....

## INCOME

DATE	DESCRIPTION	AMOUNT
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
		TOTAL:

## EXPENSES

DATE	DESCRIPTION	AMOUNT
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
		TOTAL:

## SUMMARY

TOTAL INCOME	TOTAL EXPENSES	ENDING BALANCE
.....	.....	.....

## NOTES