

YOUR FREE WEEKLY PLANNER

Debt Freedom Weekly

A simple 15-minute-a-week routine to take control of your money, your bills, and your debt — without guilt.

Welcome

You earn well — but managing money was never actually taught. This planner gives you the weekly rhythm I teach inside MoneyConfidence™, in one page-per-week format. Spend 15 focused minutes once a week, and within a month you'll feel the difference: clear numbers, bills under control, and debt that finally moves in the right direction.

— *Caroline, Founder of MoneyConfidence™*

1

Set your weekly money date

Pick the same 15-minute slot each week. Protect it like any other meeting.

2

Fill in your numbers

Update your bills and debt trackers so you always know exactly where you stand.

3

Plan three small actions

Choose your top three money moves for the week — and celebrate last week's win.

Week beginning: _____

1 · Your Weekly Money Routine

A light daily touch plus one weekly money date. Tick each as you go.

Daily 2-minute check-in

A quick glance keeps you connected to your money. Check your balance and notice one spend.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mon	Tue	Wed	Thu	Fri	Sat	Sun

Your weekly money date · 15 minutes

- Check every balance — current accounts, savings, and credit cards.
- Review the week's spending — notice patterns, no judgment.
- Update your Bills Tracker and schedule anything due this week (page 3).
- Make your debt payment and update your Debt Tracker (page 4).
- Move something to savings — even a small amount counts.
- Plan next week's 3 actions and celebrate one win (page 5).

“Consistency beats intensity. Fifteen minutes a week, every week, is what changes everything.”

3 · Debt Payments Tracker

Track every balance in one place. Watch the numbers fall, week by week.

THIS WEEK'S FOCUS DEBT

Pick one debt to attack with anything extra — either your smallest balance (Snowball, for fast wins) or your highest interest rate (Avalanche, to save the most). Pay the minimum on the rest.

Focus debt: _____ **Extra paid:** _____

Creditor / Debt	Balance	APR %	Min. payment	Paid this week	New balance
Totals					

Total debt paid this week _____

Total remaining _____

4 · Your Weekly Action Plan

Small, deliberate moves — this is where momentum is built.

My top 3 money actions this week

-
-
-

One action to reduce my debt this week

.....
My biggest money win to celebrate (no win is too small)

.....
One money worry I'm choosing to release

.....
Next week's #1 focus

Ready to go beyond one week?

This planner is one piece of the full system I teach inside MoneyConfidence™ — 12 modules and 8 guided meditations that take you from money stress to a clear, confident plan. When you're ready, your next step is waiting.

[**moneyconfidence.online**](https://moneyconfidence.online)