

# YOUR WEEKLY MONEY DATE

Your money date is a weekly ritual to reflect on your financial decisions.

I schedule my money date for every Friday and treat myself to a mimosa at the end.

Follow the checklist below to guide your money date.

## YOUR MONEY DATE

## FOR THE WEEK OF:

How much did I spend this week?

Review your spending from the last seven days.  
Record the total spending below.  
Reflect on each decision and journal below, "How did this purchase make me feel?"

How much did I earn this week?

Record your total income below.  
Review your goals.  
Journal below, "What do I need to do next week to get closer to my goal?"

Did I pay myself first?

Move a percentage of your income to a savings or investment account.  
Record the total and percentage you paid yourself.  
How does this make you feel?

Who owes me and who do I owe?

Review your upcoming bills. If you are a freelancer, also review your invoices and who owes you.  
Record below who owes you and who you owe along with the totals.

What am I celebrating this week?

Take a moment to celebrate any accomplishment from this week. Journal about it below.

## JOURNAL PROMPT:

white women: How did you spend your money this week to create economic equity for Black women?

BIPOC women: How did you spend your money this week to foster peace and prosperity for yourself and/or for others?