

YOUR SPENDING HISTORY

Think about your spending history. Has anyone ever thought you weren't making smart choices with your money? Do you have personal rules about spending money? If you do, are they helpful or do you feel guilty about your decisions? What rules could you create to help you make choices you can feel good about? Use the chart below to track your spending history:

| Date | Description | Category (i.e. food, transportation, rent, etc.) | Amount |
|------------------------|-------------|--|-----------|
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| Total Expenses: | | | \$ |

What surprised you about your spending history? What one thing could you change that would improve your spending habits?

