



# 7-Day Spending Reset

Small daily actions. Big long-term change.



## HOW IT WORKS

- ✓ Spend 10–15 minutes each day on the task.
- ✓ Tick it off when you're done.
- ✓ Progress, not perfection.

| DAY | TODAY'S FOCUS                                                                   | WHAT TO DO (10–15 MINUTES)                                                                                                                                                                               | BEHAVIOURAL HOOK                                                                                                                                                     | DONE?                    |
|-----|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 1   | <b>Find Your Leaks</b><br>See where your money is really going.                 | <ul style="list-style-type: none"><li>Review the last 30 days of spending.</li><li>List 3 things you spent on that didn't add real value.</li><li>Calculate your total "leak" amount.</li></ul>          | <br><b>YOU CAN'T CHANGE WHAT YOU DON'T SEE.</b><br>Awareness is power.              | <input type="checkbox"/> |
| 2   | <b>Notice Your Triggers</b><br>Understand what drives you to spend.             | <ul style="list-style-type: none"><li>Think about the last time you spent impulsively.</li><li>What triggered it? (Emotion, boredom, stress, habit?)</li><li>Write down your top 2 triggers.</li></ul>   | <br><b>NAME IT TO TAME IT.</b><br>When you name the trigger, you take back control. | <input type="checkbox"/> |
| 3   | <b>Pause Before You Buy</b><br>Create space between urge and action.            | <ul style="list-style-type: none"><li>Set a 24-hour rule for non-essentials.</li><li>When the urge hits, pause, breathe and wait.</li><li>Notice how the feeling changes.</li></ul>                      | <br><b>URGES PASS.</b><br>Space gives you better choices.                           | <input type="checkbox"/> |
| 4   | <b>Create Your Rules</b><br>Set simple rules that protect your goals.           | <ul style="list-style-type: none"><li>Write 2–3 spending rules that will help you.</li><li>Examples: No spend days, cash for X, limit on Y.</li><li>Put your rules somewhere you'll see daily.</li></ul> | <br><b>RULES BEAT WILLPOWER.</b><br>Decisions are easier when rules are clear.      | <input type="checkbox"/> |
| 5   | <b>Cut One Spending Leak</b><br>Cut back without making life miserable.         | <ul style="list-style-type: none"><li>Choose one category to cut this week.</li><li>Find one small change you can make.</li><li>Commit to it for the next 7 days.</li></ul>                              | <br><b>SMALL CUTS. BIG RESULTS.</b><br>Tiny changes add up fast.                    | <input type="checkbox"/> |
| 6   | <b>Pay Your Future First</b><br>Move money before you get a chance to spend it. | <ul style="list-style-type: none"><li>Decide how much you'll save (even £10).</li><li>Move it now to a savings account.</li><li>Out of sight. Out of spend.</li></ul>                                    | <br><b>FUTURE YOU FIRST.</b><br>Make saving automatic, not optional.              | <input type="checkbox"/> |
| 7   | <b>Build Your New Habit</b><br>Lock in your wins and plan ahead.                | <ul style="list-style-type: none"><li>Review your week: What worked best?</li><li>What will you keep doing?</li><li>Set one intention for next week.</li></ul>                                           | <br><b>PROGRESS COMPOUNDS.</b><br>Celebrate wins, then keep building.             | <input type="checkbox"/> |

## EXTRA TIPS FOR SUCCESS



**BE SPECIFIC**  
Vague goals don't create real change.



**TRACK YOUR PROGRESS**  
Awareness drives results.



**MAKE IT EASY**  
Set yourself up to win, not to struggle.



**DON'T AIM FOR PERFECT**  
Just aim for better.

## FINISHED THE 7-DAY RESET?

Return to **How to Stop Overspending** to:

- ✓ Discover your Spending Personality
- ✓ Calculate your biggest Spending Leak
- ✓ Keep improving your spending habits

→ [betterwithcash.com/how-to-stop-overspending](https://betterwithcash.com/how-to-stop-overspending)



**MY BIGGEST INSIGHT THIS WEEK**

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