

# The 7-Day Money Reset System

**Rebuild Your Finances From Zero in One Focused Week**

No perfect conditions required. Just 20-30 minutes a day for 7 days.



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## DAY 1 — Build Your Financial Snapshot

Write down every number that defines your financial reality: monthly take-home income, all fixed monthly expenses w1th exact amounts, all debt balances w1th interest rates, and your current savings balance. Do not judge. Just see the full picture clearly for the first time.

Write your notes / answers here:

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## DAY 2 — Track Every Dollar That Leaves Today

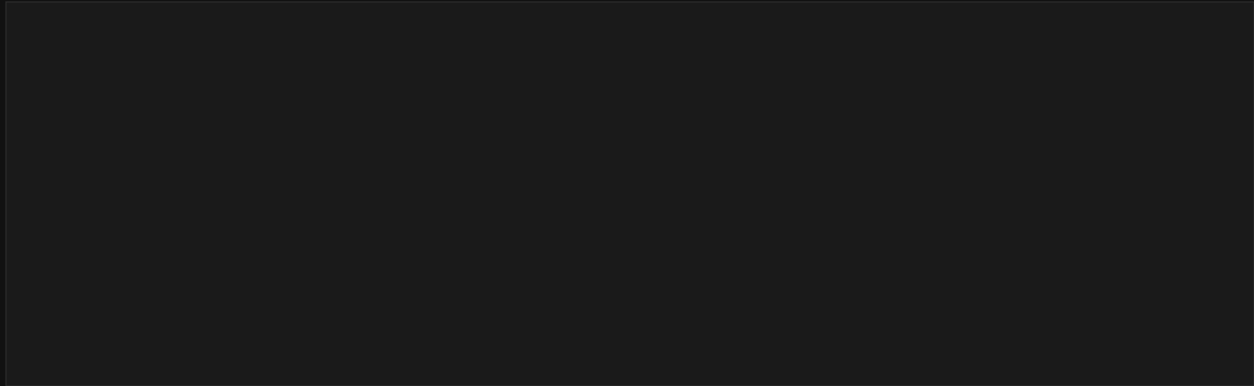
Record every purchase, transfer, and automatic payment from the moment you wake until you sleep. Every one. This is Day 1 of a 30-day tracking habit. The goal is not to judge — the goal is to see.

Write your notes / answers here:

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## DAY 3 — Name Your Three Biggest Leaks

Review your Day 1 snapshot and Day 2 log. Find the three recurring expenses that cost the most relative to what they return. Name them. Write the monthly cost and annual cost of each.



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## DAY 4 — Cut One Leak. See the Annual Number.

Choose one of your three leaks and cut it or reduce it. Then calculate: monthly savings x 12. Write that annual number somewhere visible. \$40/month is \$480/year. Small cuts compound into real breathing room.

Write your notes / answers here:

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## DAY 5 — Open or Fund Your Asset Account

If you do not have a savings or investment account separate from your checking, open one today and name it: Asset Fund. If you have one, make a deposit — even \$5. The column exists now.

Write your notes / answers here:

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## DAY 6 — Learn One Financial Concept Deeply

Choose one concept: compound interest, index funds, the debt avalanche, or what cash flow means. Spend 30 focused minutes. Then write two sentences in your own words. If you cannot explain it simply, keep going until you can.

Write your notes / answers here:

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## DAY 7 — Write Your Financial Direction Statement

Write one paragraph describing the financial life you are building toward. Not a number — a direction. What does financial stability look and feel like for you? What are you getting free from? What are you building toward? Date it. Revisit it in 30 days.

Write your notes / answers here:

