

The payday page

ONE PAYCHECK. ABOUT TEN MINUTES. NOTHING TO ADD UP. WORKS ON ANY PAY CYCLE.

 TODAY / PAYDAY ____ / ____ / ____	 NEXT PAYDAY ____ / ____ / ____	 WHAT LANDED \$ _____
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1 NINETY SECONDS, FROM MEMORY | no amounts, no app, no scrolling

 Would buy again Money that went where you wanted it to ☐ _____ ☐ _____ ☐ _____	 Would not buy again You already know. Write it down. ☐ _____ ☐ _____ ☐ _____
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2 SO MY ONE RULE UNTIL NEXT PAYDAY IS | one, not five



3 WHAT I AM SAVING FOR | the thing, priced, with a date on it

The thing	It costs	I want it by	This paycheck
	\$ _____		\$ _____

4 BILLS LANDING BEFORE MY NEXT PAYDAY | only these ones, not the whole month

What	Due	Amount
_____	____ / ____ / ____	\$ _____
_____	____ / ____ / ____	\$ _____
_____	____ / ____ / ____	\$ _____
_____	____ / ____ / ____	\$ _____

5 AND SO, WHAT IS ACTUALLY MINE TO SPEND

What landed today	\$ _____
The thing I am saving for, this paycheck's share	- \$ _____
Bills before my next payday	- \$ _____
Safe to spend, until my next payday	= \$ _____

