



## THANK YOU FOR SUBSCRIBING TO MY NEWSLETTER!

I hope that you find this resource helpful in your financial journey. Please feel free to contact me with any questions as you complete the reflection exercises in this worksheet.

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Wealth Para Todos is a personal finance blog with valuable tips for budgeting, saving and investing for anyone critical of capitalism but determined to have the information necessary to thrive within it anyway.



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# QUARTER 1 REFLECTIONS

**What brought you joy in January, February and March?**

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**What challenges did you have to overcome in January, February and March?**

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**What did you learn in January, February and March?**



# QUARTER 1 REFLECTIONS

**What did you do to support your wellness in January, February and March?**

**What steps did you take to have your "best financial year yet" in January, February and March?**

**What did you do during January, February, and March that you want to do less of during April, May and June?**



# QUARTER 2 OUTCOMES

**What are three habits you want to engage in during April, May and June that will support your wellness?**

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**What are three actions you need to take during April, May, and June that will lead to your best financial year yet?**

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**What is the one thing that if you accomplish within the next three months will bring you the most joy?**

**In order to make progress towards my best financial year yet, this month I am going to...**

**This month, I am committed to setting boundaries around my time and energy to accomplish...**

**In order to make progress towards my best financial year yet, this month I am going to...**

**Three habits that nurture my wellness, that I want to track this month are...**

## WELLNESS HABIT TRACKER

**In order to make progress towards my best financial year yet, this month I am going to...**

