
1. Based on your bank statement from the month before, create an expense budget using the table below. Just look at your bank statement and write where your money went in the table below

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| Expenses | Amount  |
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2. What was your most frequent expense during the month?

3. Take a minute look at the table in question 1 above and pay attention to your breath. What happens to your breath when you look at the table? How does your body feel when you look at the table?

4. Close your eyes. Ask out loud (eyes closed): how do I feel when I look at this table and how do I behave with money whenever I feel these emotions? Write the first thing that comes to mind

5. Now close your eyes again but this time asks out loud (eyes closed): who would I be if I never felt these emotions about money? Write the first thing that comes to mind.