Survive Revive Thrive

Strength and Stability for Your Financial Journey

Personal Journal

SPEND LIFE WISELY®

First United®

What triggers you to want to spend money or shop?



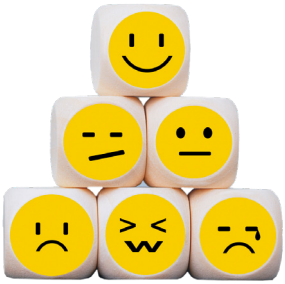
Identify 2 to 4 financial behaviors causing you stress?

1

2

3

4



What is keeping you from achieving what matters most to you?



What triggered you to do each of those financial behaviors?
List one thing for each. For example, at lunch time each day - are you so rushed or need a break so you pop in to the nearest fast food place?



Write down one small step you can take today to put you on your path to where you want to go. *For example, instead of stopping for fast food every day, plan your meals and bring your lunch. Whatever it is for you, break it down in to small choices, goals, and steps.*



Set your financial goals. What are you going to start doing today to get centered and aligned with your dream?







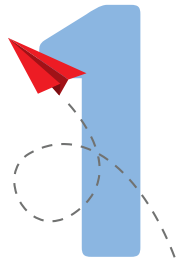






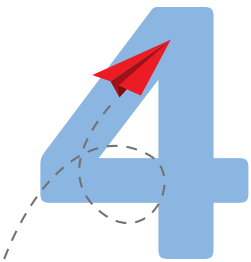


Write down 2 to 4 steps you are going to take to correct the path between these obstacles and your dream.

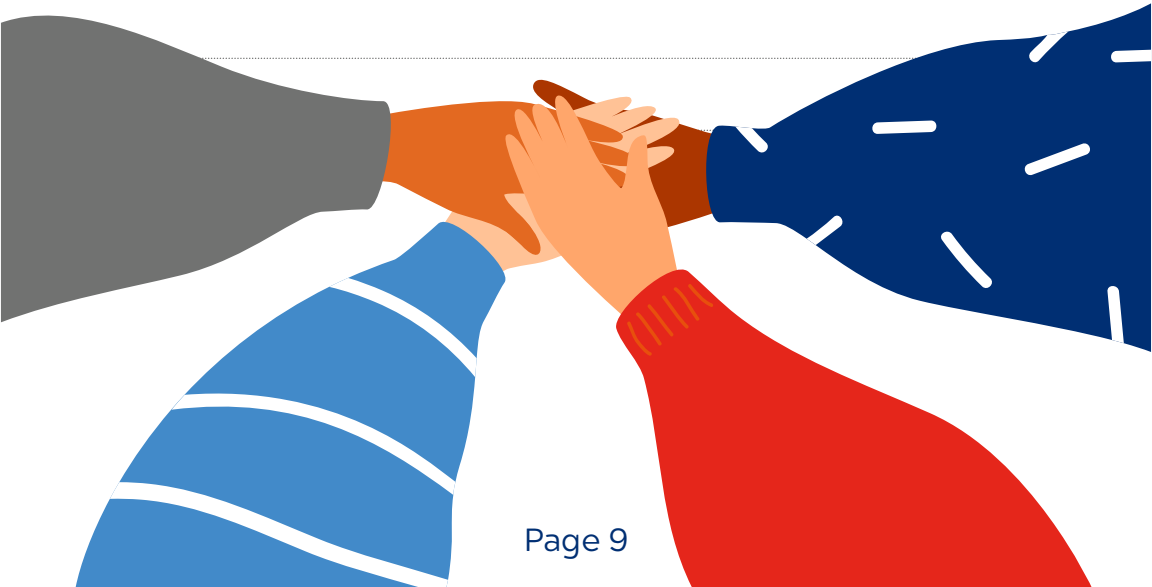








Who will be your accountability support system (family, coworkers, or friends)?



What are some things you can do to change your mindset and nurture positive thoughts so you can have a success mindset and believe in yourself?

For example, not comparing yourself to others or taking a break from social media. Find a cause or organization to support by volunteering to help or by making a donation.



NOTES

FirstUnitedBank.com

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