

FINANCIAL STRESS RELIEF WORKSHEET

1. Weekly Check-In

On a scale of 1–10, how financially stressed do you feel this week?

(1 = calm and confident | 10 = extremely overwhelmed)

My score: _____

What's contributing to this feeling?

- ☐ Bills piling up
- ☐ Unexpected expenses
- ☐ Income uncertainty
- ☐ Debt worries
- ☐ Comparing myself to others
- ☐ Other: _____

2. Mindset Reflection

Complete the sentence:

- This week, money makes me feel _____ because _____.
- One thought about money I'd like to change is _____.

3. Action Plan for the Week

One small step I can take to reduce financial stress:

- ☐ Track my spending for the week
- ☐ Save a small amount (no matter how little)
- ☐ Review my needs vs wants
- ☐ Talk to someone I trust about my finances
- ☐ Practice gratitude for what I already have
- ☐ Other: _____

4. Emotional Reset

Before the week ends, do at least one thing that helps you relax and detach from money stress:

- ☐ Deep breathing
- ☐ Journaling about my progress
- ☐ Going for a walk
- ☐ Talking to a loved one
- ☐ Doing something that makes me laugh
- ☐ Other: _____

5. End-of-Week Reflection

How do I feel now (1–10)? _____

What helped most this week? _____

One thing I'll continue next week: _____