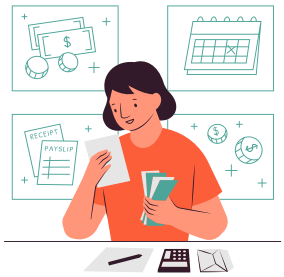
BUDGET Right

5-MINUTE BUDGET CHECK-IN



Your quick and easy money reset (for real life, not fairy tales)

What's Your Current Mood?

(Just circle or highlight one)

😩 Stressed

😐 Meh

😊 Hopeful

💪 Ready to tackle this!

What's Coming In?

List any income expected this week: Tip: Include wages, Centrelink, Side Hustles, Child Support, etc.

Income/Wages	$
Centrelink/Child Support	$
Side Hustle/Extra	$
TOTAL	$

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What Must Be Paid This Week?

List your non-negotiables: Write amounts next to each or tick them off if already paid.

NON-NEGOTIABLES	AMOUNT	PAID
Rent/Mortgage	$	
Electricity/Gas	$	
Internet/Phone	$	
Petrol/Transport	$	
School/Child Expenses	$	
Groceries	$	
Medical	$	
Other	$	
TOTAL	$	

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What's Left? (Roughly)?

This is your flex money. It doesn't have to be precise - just enough to give you a sense of where you're at.

Income	$
Less Non-Negotiables Must be Paid	$
TOTAL	$

What Can You Pause This Week?

Choose 1–2 small things you can skip (without feeling deprived):

- □ Takeaway
- □ Streaming Subscriptions
- □ Extra snacks
- □ Coffee run
- □ Kmart stroll
- □ Other: _____

BUDGET Right

Celebrate Your Wins!

What's one thing you've done well with money lately?

Skipped a coffee run? Paid a bill early? Checked your bank account instead of ignoring it? That counts!

Pick a Money Mantra.

Choose one or write your own:

- "I am doing the best I can with what I have."
- "I always have more than enough money."
- "I use money to better my life and the lives of others."
- "I am rich! I am wealthy! I am abundant!"
- "I am in charge of my spending decisions."
- "I have enough. I am enough.""I am grateful for the money I have."
- "I am an excellent money manager."
- My mantra: _____

  _____

  _____

Download the Budget Right Spreadsheet for a comprehensive but easy to follow budget. ***Free*** *when you* ***subscribe*** *to Budget Right Bulletin.*

www.budgetright.com.au