



YOUR SPENDING (CARE) PLAN

Set aside a few minutes each week or every-other-week to review your spending. You can use a spending tracking program or review bank or credit card statements. Start with 5 minutes and slowly build up the habit over time. Compassionately reflect on the following questions as you review your spending, writing down anything you want to consider, explore more deeply, or remember. The goal is to understand your spending, not shame or judge your spending. If shame is coming up, I encourage you to share those messages with a trusted person to receive validation and support.

What was I feeling emotionally as well as in my body when I spent this money? What was going on in my life?

On a deeper level, what did you need or want when you spent that money? (For example, say you bought a new shirt. As you reflect, go beyond "I wanted a new shirt," and think about what needs or wants drove the desire for the shirt. For example, perhaps you had a tough day at work, were feeling sad, and needed a bit of dopamine.)

How was I caring for myself or my community through this purchase?



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In the future, are there other ways you might consider caring for yourself or your community?

What support do I need or want in getting your care needs met? What support do you not need or want in getting your care needs met?

Who could you ask for support? If asking for support feels challenging, how could you make the ask feel more manageable? Could you ask for support at a specific time, in a specific location, in a specific way (written, via voice message, via text message, ect.), with support from other people, by explaining specific boundaries, or in any other manner that may feel more manageable?