



# 7 DAYS TO MONEY CLARITY

**CHALLENGE**



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LM MAGAZINE BY SARA FERNANDES

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# WELCOME!

## July is all about Financial Freedom

### *7 Days to Money Clarity*

Financial freedom starts with awareness. When you know what's really happening with your money, you can make changes with confidence. This 7-day challenge is designed to give you simple steps (and journaling prompts) to take control—without overwhelm.

#### **Want More?**

Inside the Life Mastery Circle, we keep the creative spark alive with:

- Gentle co-working sessions
- Creative journaling prompts
- Masterclasses on mindset & self-expression
- Support for both personal growth and creative business projects

You don't have to go it alone. Come sit with us.



# Monthly Planner

I start my challenge on the:

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MON.

TUE.

WED,

THUR.

FRI.

SAT.

SUN.


# **Printable Checklist:** **7 Days to Money Clarity**

Day	Action	Done ✓	Notes
<b>Day 1</b>	Write down all monthly expenses (housing, food, utilities, extras, debt, etc.)	<input type="checkbox"/>	
<b>Day 2</b>	Track every euro/pound/dollar spent today	<input type="checkbox"/>	
<b>Day 3</b>	Circle your “Top 3 Spenders” (biggest categories)	<input type="checkbox"/>	
<b>Day 4</b>	Cancel, reduce, or renegotiate one expense	<input type="checkbox"/>	
<b>Day 5</b>	Make one extra payment toward a debt	<input type="checkbox"/>	
<b>Day 6</b>	Set up a small automatic transfer to savings	<input type="checkbox"/>	
<b>Day 7</b>	Celebrate your biggest win + reflect on what you learned	<input type="checkbox"/>	









































*Congratulations!*

