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# Budget Journal

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A 30-Day Guided Journal



Table / Log

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Write your monthly income and savings goal at the top of each page
  - List budget categories such as housing, food, transport, and entertainment
  - Fill in the planned amount for each category at the start of the month
  - Record actual spending and payment method throughout the month
  - Calculate the difference to see where you went over or under budget



Scan for a detailed guide on how to use this journal



























































