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# Expense Journal

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A 30-Day Guided Journal



Table / Log

Created with LoomJournals

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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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- Carry the journal with you and record every expense as it happens
  - Fill in the date, category, description, and amount for each purchase
  - Note your planned budget to compare against actual spending
  - Review weekly totals to spot trends and adjust habits
  - At month-end, analyze categories to set smarter budgets



Scan for a detailed guide on how to use this journal



























































