30-DAY FINANCIAL DISCIPLINE CHALLENGE

BUILD STRUCTURE. BUILD FREEDOM.

WHAT YOU'LL BUILD:

01 BETTER MONEY HABITS

02 CONSISTENT SAVINGS

03 SPENDING AWARENESS

04 DISCIPLINE & STRUCTURE

05 FINANCIAL MOMENTUM

DISCIPLINE TODAY. FREEDOM TOMORROW.

HOW THIS CHALLENGE WORKS

WEEK 1	Track every dollar you spend.
WEEK 2	Reduce unnecessary spending.
WEEK 3	Prioritize savings + debt.
WEEK 4	Build consistency + habits.

YOU DON'T NEED PERFECTION.
YOU NEED CONSISTENCY.

DAYS 1-10 DISCIPLINE TRACKER

01	Daily Focus / Reflection	COMPLETED	☐
02	Daily Focus / Reflection	COMPLETED	☐
03	Daily Focus / Reflection	COMPLETED	☐
04	Daily Focus / Reflection	COMPLETED	☐
05	Daily Focus / Reflection	COMPLETED	☐
06	Daily Focus / Reflection	COMPLETED	☐
07	Daily Focus / Reflection	COMPLETED	☐
08	Daily Focus / Reflection	COMPLETED	☐
09	Daily Focus / Reflection	COMPLETED	☐
10	Daily Focus / Reflection	COMPLETED	☐

DAYS 11-20 DISCIPLINE TRACKER

11	Daily Focus / Reflection	COMPLETED	☐
12	Daily Focus / Reflection	COMPLETED	☐
13	Daily Focus / Reflection	COMPLETED	☐
14	Daily Focus / Reflection	COMPLETED	☐
15	Daily Focus / Reflection	COMPLETED	☐
16	Daily Focus / Reflection	COMPLETED	☐
17	Daily Focus / Reflection	COMPLETED	☐
18	Daily Focus / Reflection	COMPLETED	☐
19	Daily Focus / Reflection	COMPLETED	☐
20	Daily Focus / Reflection	COMPLETED	☐

DAYS 21-30
DISCIPLINE
TRACKER

21	Daily Focus / Reflection	COMPLETED	☐
22	Daily Focus / Reflection	COMPLETED	☐
23	Daily Focus / Reflection	COMPLETED	☐
24	Daily Focus / Reflection	COMPLETED	☐
25	Daily Focus / Reflection	COMPLETED	☐
26	Daily Focus / Reflection	COMPLETED	☐
27	Daily Focus / Reflection	COMPLETED	☐
28	Daily Focus / Reflection	COMPLETED	☐
29	Daily Focus / Reflection	COMPLETED	☐
30	Daily Focus / Reflection	COMPLETED	☐

YOUR RESULTS

Biggest financial lesson learned:

New habits I built:

What spending changed the most:

What goal am I focused on next:

THIS IS JUST THE BEGINNING.

KEEP APPLYING PRESSURE.