



RESET WEEK CHECKLIST

Created by a neurodivergent financial therapist and coach to help you reset your money gently.

✓ Print it. 🌀 Tape it up. 🔄 Use it weekly (or whenever you can).

☀️ DAY 0: PREP (Saturday PM or Sunday AM)

- [] Gather receipts, screenshots, transaction logs — *Anything that shows what you spent last week*
- [] Clear one small surface (desk, table, bed corner) — *Make room for a fresh start—no perfection needed*
- [] Set up sensory aids (music, blanket, candle, fidget) — *Create a cozy, safe brain space*

🐛 DAY 1: LOOK BACK

- [] Review last week's spending — *Just glance, don't overthink*
- [] Label leaks (Red = Cut, Yellow = Caution, Green = Good) — *Use color or symbols to sort decisions*
- [] Identify unplanned dopamine buys — *Note the impulse wins or "oopsies" without judgment*
- [] Practice nonjudgment: this is data, not guilt — *This step matters more than perfect behavior*

☀️ DAY 2: LOOK FORWARD

- [] Check upcoming bills, meds, events, renewals — *Anything with a date and money involved*
- [] Set 1–2 small money intentions (e.g., "No late fees," "Cook twice") — *One goal for function, one for feelings*
- [] Block 15 mins for calm, unhurried money time — *Put it on your calendar or a sticky note*

😊 DAY 3: CASH-FLOW SLICE

- [] Add up what you have for this week — *Check accounts, expected income, loose cash*
- [] Assign money to core categories (groceries, meds, fun, etc.) — *Think buckets: what needs filling first?*
- [] Transfer weekly "spendable" funds to debit/card — *Make your budget accessible in real life*

🌱 DAY 4: MICRO-SAVE

- [] Send \$10–\$25 to emergency or sinking fund — *Whatever is realistic—small still counts*
- [] Mark it visually (savings jar, app, sticker chart, etc.) — *Externalize progress to get that dopamine hit*



DAY 5: PAPER TRAIL TIDY

- [] File or photo receipts (trash what's done) — *Put it where Future You can find it*
 - [] Flag pending charges, note any errors — *Quick scroll through bank or credit app*
 - [] Clear inbox of payment confirmations — *Archive or label anything money-related*
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DAY 6: REWARD & REFLECT

- [] Check off what you accomplished (half is still a win!) — *Progress deserves recognition*
 - [] Celebrate with a sensory reward (treat, walk, fav show) — *This signals to your brain that routines = dopamine*
 - [] Reflect briefly: What worked well this week? — *Jot a note or say it out loud*
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DAY 7: FREE SPACE (Optional)

- [] Gently reflect on your system — *Does anything need to shift or get simpler?*
- [] Adjust for next week — *Tweak steps, move things around, drop what didn't serve*
- [] Rest. That's a task. — *Lay down. Let your brain defragment. This still counts.*

No pressure to complete this day—think of it as a soft bridge to next week.

EMERGENCY RESET PROTOCOL (For When Everything Falls Apart)

- [] Breathe. You're not behind. — *Every week is a new week*
- [] Pick *one* task. Any one. — *The easiest box is the best box*
- [] That's your win. Restart achieved. — *You came back. That's the muscle*

Progress, not perfection. This is a rhythm, not a report card.

**DIVERGENT
MONEY** 