

7-DAY MONEY RESET CHALLENGE

Take Back Control, Rewire Your Habits, and Reignite Your Financial Future—One Day at a Time

Every Sunday night, Marcus found himself staring at a stack of unopened bills. It wasn't that he didn't make decent money, he did. But the moment payday hit, it felt like his money ghosted him. Subscriptions, fast food, late payments, overdraft fees...by Wednesday, his checking account was bone dry, and by Friday, he was back to borrowing.

Marcus wasn't lazy or wasn't uneducated. He wasn't irresponsible. He was just never taught the reset. **The Money Reset.** And like so many urban professionals grinding every day to get ahead, Marcus didn't need another lecture. He needed a blueprint. A daily rewire. A fresh start without judgment.


This 7-Day Challenge is that start and this ain't your typical challenge.

Forget the fluff. This is not about cutting out lattes or setting goals you forget by Tuesday. This is about momentum. **The 7-Day Money Reset Challenge** is a real-world, no-hype system built to reset your mindset, your money habits, and your future. No matter how much or how little you've got right now, you can take back control, one decision at a time. And by the end of these 7 days, you'll not only have a clearer picture of your finances, you'll be shocked at how much power you've been sitting on all along.

DAY 1

FACE THE NUMBERS (WITHOUT FEAR)

Truth is power, not punishment.

 **Activity:** Use the "Spend Snapshot" Worksheet (page 4) to log every outgoing dollar from the last 7 days.

DAY 2

FIND YOUR MONEY LEAKS

Where is your money silently disappearing?

Most people lose \$200–\$500/month on what I call "Silent Sneaks"—small, recurring expenses that add up. Today, we plug them.


Follow this checklist:

- ☒ Review subscriptions (app stores, streaming)
- ☒ Check auto-debits
- ☒ Look for bank fees or overdrafts
- ☒ Spot recurring fast-food or delivery charges

DAY 3

NAME YOUR REAL GOALS

Stop budgeting for survival. Start budgeting for freedom.

 **Exercise.** Write down the 3 goals that money can help you achieve in the next 6 months. Then answer the question of if \$1,000 showed up today, what would you do with it?

GOAL 1


GOAL 2

GOAL 3

DAY 4

REWRITE YOUR MONEY SCRIPT

The beliefs you inherited might be bankrupt.

 **Exercise.** Finish the sentence: The first time I remember feeling broke was...


IDENTIFY 1 limiting money belief you've carried and write a new one to replace it. Old Script vs. New Narrative.

Ex: Old: "I'll never get ahead." New: "I'm one decision away from momentum."

DAY 5

RESET YOUR DAILY MONEY ROUTINE

Discipline doesn't start in your bank account. It starts in your calendar.

 **Activity.** Use the "Daily Reset Ritual" template (page 5) to design a 10-minute daily money check-in.

DAY 6

AUTOMATE YOUR MONEY WINS

Your best habits should happen while you sleep.

Follow this checklist:

- ☑ Automate bill pay
- ☑ Automate savings transfer (even if it's \$10)
- ☑ Schedule a monthly calendar event for your "Money Reset Review"




Quick Tip Box: Use tech (apps, alerts, dashboards) to stay on track without burnout.

DAY 7

DESIGN YOUR MONEY RESET PLAN


Clarity creates confidence.

 **Activity.** Build your "Money Reset Game Plan" using the "Your New Money Blueprint" worksheet.

BONUS

THE RESET READINESS SCORECARD

Clarity creates confidence.

 **Activity.** Rate yourself in 5 key areas (Clarity, Control, Commitment, Cash Flow, and Confidence) to see how "Reset Ready" you are using The Reset Readiness Scorecard (page 6).

Ready to take the next step? Join our free webinar,
Why Smart People Still Struggle with Money (And What to Do About It).
Tap into real-world solutions, smarter systems, and the full Money Reset Program
to build a life you don't need to escape from.

RESERVE YOUR SPOT TODAY →

SPEND SNAPSHOT WORKSHEET

Use this worksheet to see how much money you spent in the past 7 days. Add the expense description (ex. Rent, groceries, etc.), expense category (house, transportation, food, etc..) and the costs.

[illegible]

DAILY RESET RITUAL

Set aside 10 focused minutes, preferably at the same time each day (morning or evening). Grab your phone, a notebook, or this worksheet. This check-in isn't about perfection, it's about progress. Momentum happens in minutes.

1. Check Your Current Balance (3 minutes). Use your banking app, budget tool, or spreadsheet to review your current cash position. Don't flinch, just observe.

Today's Cash Available: \$ _____

Bills/Payments Due (Today or Tomorrow): _____

Unexpected Spend Yesterday: _____

2. Reflect on a Win (3 minutes). List one money-related decision you're proud of in the last 24 hours, even a small one.

What's one smart move I made yesterday? _____

How did that make me feel? _____

What lesson can I repeat today? _____

What temptation did I say no to? _____

3. Make Your Next Move (4 minutes). Choose one intentional money move you'll make today. Keep it small, real, and doable.

☐ Transfer \$10 to savings

☐ Call a creditor or vendor

☐ Skip a purchase & redirect funds

☐ Review a subscription or auto-pay

☐ Add to your Reset Blueprint

☐ Schedule your next money date

☐ Other: _____

Today's Money Move: _____

Why this matters to my bigger goals: _____

Quick Journal Prompt (Bonus)

Each day I reset, I become _____



Pro Tip: Print 7 copies of this page or use a notebook with these same prompts for a full week. Watch what changes in your mindset—and your money.

RESET READINESS SCORECARD

Rate Yourself in 5 Key Areas to See How “Reset Ready” You Are

Take 5 minutes to self-assess where you really stand when it comes to reclaiming control over your money. Use the scoring guide below to see your strengths, your blind spots and whether you’re ready for the full Money Reset journey. Rate yourself between 0 and 4.

Key Area #1 Clarity.

Do you know exactly where your money is going and why?

	0	1	2	3	4
I review my spending at least once a week.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can tell you exactly how much debt I have.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have clear financial goals for the next 3–6 months.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how much I spend in fixed vs. flexible expenses.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Subtotal: ____ / 16

Key Area #2 Control.

Are you steering your money or is your money steering you?

	0	1	2	3	4
I stick to my budget (or spending plan) consistently.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I’ve cut unnecessary expenses in the last 30 days.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don’t panic when bills are due.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I make financial decisions with intention, not emotion.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Subtotal: ____ / 16

Key Area #3 Commitment.

Do your daily actions align with your money goals?

	0	1	2	3	4
I spend at least 10 minutes per day checking in on my money.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I’ve followed through on a financial goal in the last 90 days.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I’ve automated at least one positive habit (savings, bill pay, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I keep promises to myself when it comes to money.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Subtotal: ____ / 16

Key Area #4 Cash Flow.**Is money moving through you—or leaking from you?**

	0	1	2	3	4
I know my exact income and expenses for this month.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've identified and fixed at least one "money leak."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I save something—no matter how small—every month.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've made a plan to increase income or reduce debt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Subtotal: ____ / 16**Key Area #5 Confidence.****Are you growing from a place of peace—not pressure?**

	0	1	2	3	4
I feel in control of my financial direction.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe I'm capable of becoming financially free.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to recover from a setback without shame.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm excited about what's next for my money story.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Subtotal: ____ / 16**TOTAL SCORE:** ____ / 80**Interpret Your Score**

RANGE	RESULT
65–80	Reset Ready — You've laid a strong foundation. Now it's time to optimize, grow, and multiply. You're a great fit for the Money Reset Program!
45–64	Reset in Progress — You're on the path. A few key systems and mindset shifts will help you level up fast. The Money Reset Program will accelerate your progress.
Below 45	Reset Required — You're doing your best, but you're likely stuck in survival mode. Don't worry. You're exactly who we built the Money Reset Program for. Let's fix the foundation—together.

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