The financial avoidance breakthrough workbook

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A 15-minute daily practice.

What this workbook does?

Financial avoidance is the gap between what you know about your money and what you are willing to look at.

This workbook helps you:

✔️Identify where you are avoiding

✔️Understand why you are avoiding

✔️Build a 30-day practice to break the cycle

Estimated time: 5 minutes/day

Remember = No judgment. Just watch progress.

Step 1: Where are you avoiding?

Check all that apply:

□ I avoid checking my bank account balance

□ I put off opening bills or financial statements

□ I don't know how much I spend each month

□ I have subscriptions I have forgotten about

□ I have late fees I have paid (or ignored)

□ I don't know my credit score

□ I don't know my savings account APY

□ I have missed investment opportunities

□ I feel anxious when I think about money

□ I tell myself I will deal with it later

Count: ____

Step 2: Why are you avoiding?

Circle all that apply:

What am I afraid I will see?

- That I have less than I think
- That I am behind compared to others
- That I have made a mistake
- That I should be doing better

Where did this fear come from?

- Childhood money experiences
- Past financial mistakes

• Social media comparison

• Economic uncertainty (2008, COVID-19)

[Write your answers here:]

____

____

____

Step 3: The 5-minute daily practice

Week 1: Just look

□ Day 1: Open your banking app. Look at your balance. Close it.

□ Day 2: Look at your balance again. No judgment, okay.

□ Day 3: Look at your balance. Notice how you feel.

□ Day 4: Look at your balance. Write down the number.

□ Day 5: Look at your balance. Check one transaction.

□ Day 6: Look at your balance. Check two transactions.

□ Day 7: Look at your balance. You have done this for a week.

Week 2: Just track

□ Day 8: Write down your balance. (5 minutes)

□ Day 9: Write down your balance. Check your savings.

□ Day 10: Write down your balance. Note one expense.

□ Day 11: Write down your balance. Note two expenses.

□ Day 12: Write down your balance. Check your credit card.

□ Day 13: Write down your balance. Check your subscriptions.

□ Day 14: You have tracked for two weeks. Celebrate.

Week 3: Just act

□ Day 15: Look. Track. Cancel one unused subscription.

□ Day 16: Look. Track. Set up one automatic transfer.

□ Day 17: Look. Track. Check your HYSA rate.

□ Day 18: Look. Track. Compare rates at one other bank.

□ Day 19: Look. Track. Move $50 to a higher-yield account.

□ Day 20: Look. Track. Set up a low balance alert.

□ Day 21: You have acted. You are no longer avoiding.

Week 4: Just maintain

□ Day 22-28: Repeat the daily practice.

□ Day 29: Review your progress.

□ Day 30: Celebrate. You have broken the cycle.

Step 4: Schedule your money dates

A money date is a scheduled time to check your finances; without judgment, without fear, without avoidance.

My weekly money date:

Day: ________ Time: ________

Duration: 15-20 minutes

Location: ________

Drink/Snack: ________

What I will do each money date:

□ Check all account balances

□ Review spending for the week

□ Check for upcoming bills

□ Update my budget (if I have one)

□ Check my HYSA rate

□ Celebrate one financial win

My Monthly Money Date:

Day: ________ Time: ________

Duration: 30-45 minutes

What I will do each monthly money date:

□ Calculate my net worth

□ Review monthly spending

□ Check investment accounts

□ Review financial goals

□ Plan for next month

Step 5: Calculate what avoidance is costing you

Late Fees:

Number of late fees per year: ____ × $35 = $____

Forgotten Subscriptions:

Number of unused subscriptions: ____ × average $18/month × 12 = $____

Suboptimal Savings Rate:

Balance in low-yield account: $____

Current APY: ____%

Potential APY: ____%

Difference: ____% = $____/year in lost interest

Overdraft Fees:

Number of overdrafts per year: ____ × $35 = $____

Missed Investment Opportunity:

Money sitting in checking: $____

Potential return (7% historical average): ____% = $____/year

Total annual cost of avoidance: $____

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Resources

- CFPB Financial Well-Being Scale: www.consumerfinance.gov
- Federal Reserve SHED Survey: www.federalreserve.gov
- Financial Therapy Association: www.financialtherapyassociation.org
- National Foundation for Credit Counselling: www.nfcc.org

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This workbook is for educational purposes only. It does not constitute financial or mental health advice. If you are experiencing severe financial anxiety, consider speaking with a financial therapist or mental health professional.