

SUCCESS+

# EXPENSE TRACKING SPREADSHEET

**Boss Around Your Money**





## **Take control of your spending and reduce financial stress with our simple expense tracking spreadsheet.**

Easily record each transaction with key details that help you:

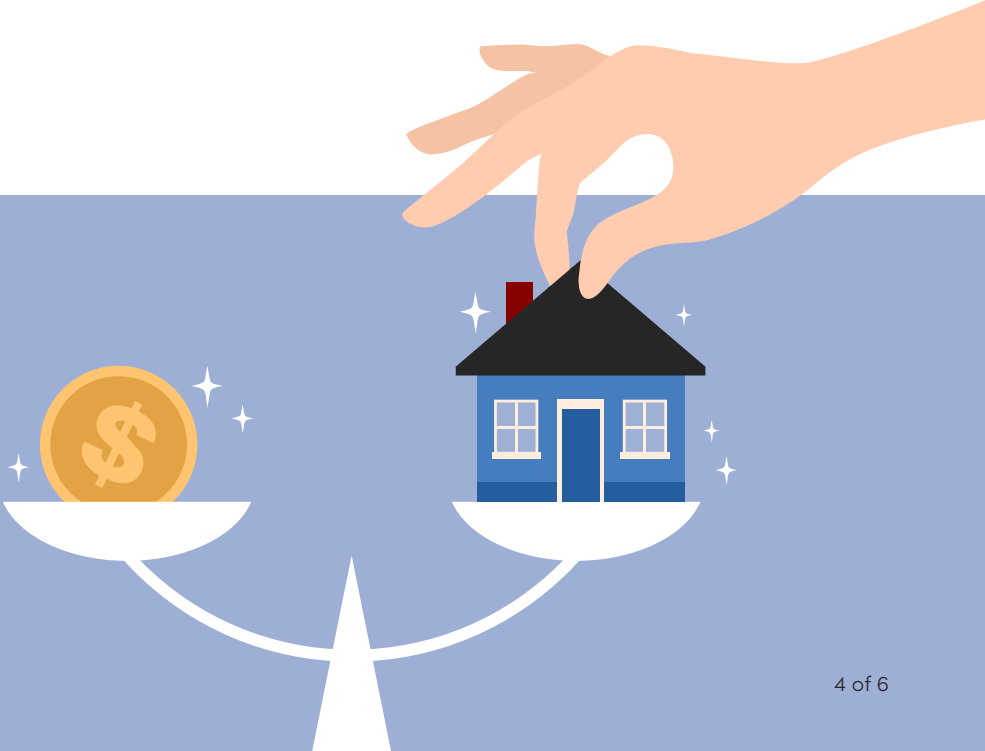
- Visualize spending patterns
- Make informed financial decisions
- Develop strategies for mindful spending

# Expense tracking spreadsheet

Payment method	Date	Merchant	Expense category	Expense subcategory	Notes	Emotional tag	Expense amount	Overall balance
							\$	\$
							\$	\$
							\$	\$
							\$	\$
							\$	\$
							\$	\$
							\$	\$
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							\$	\$
							\$	\$
							\$	\$
							\$	\$
							\$	\$
							\$	\$
							\$	\$
					Expense total: \$ \$			

# Budget breakdown

Budget category	Budget	Percent spent	Remaining



# Tune into your spending

## Discover the stories your money tells.

### Overall Spending Trends

How has your total spending changed over time?

Are there any noticeable patterns or seasonality?

### Top Spending Categories

Which categories consume the largest portion of your budget?

Are there any unexpected spending areas?

### Average Spending per Month

What is your average monthly spending?

How does this compare to your income or savings goals?

### Spending by Merchant

Which merchants do you frequent the most?

Are there any recurring expenses from specific vendors?

### Spending by Payment Method

Do you use different payment methods for different types of expenses?

How does this affect your spending habits?

### Spending by Emotional Tag

Are there any emotional tags associated with your spending habits?

Do certain emotions correlate with higher spending?

# Strategies for mindful spending

## Regain control of your finances.

### Identify Triggers

Pay attention to the emotions that often lead you to spend impulsively. Are you stressed, bored, or feeling guilty?

### Pause and Reflect

Before making a purchase, take a moment to breathe and ask yourself if you truly need the item. Question the underlying reasons behind your desire to spend.

### Find Healthy Alternatives

Discover hobbies or activities that bring you joy without breaking the bank.

Connect with friends and family to boost your mood.

### Practice Self-Care

Prioritize self-care activities like exercise, meditation, or journaling to manage stress and improve overall well-being.

### Implement the “Wait 24 Hours” Rule

If you’re tempted to make an impulsive purchase, wait a day before deciding. Often, the urge to buy fades over time.

### Focus on Long-Term Goals

Remember your financial goals and how impulsive spending can hinder your progress.