

Money

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

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.