



Money Management Template

OBJECTIVE: *The goal of this activity is to look at the habits you developed about money and finances and to see which of them can be used to attract more abundance, which keep you in status quo and which create obstacles for your wealth.*

STEP I: Habits that help attract wealth and abundance and also help you grow into higher levels of income through wise stewardship of your resources:

Make a list of your current financial assets, including IRA's, bank accounts, investments, homes, belongings you could potentially sell, etc., then add your current balances, including estimates of what you likely could sell your belongings for. Discovering what you actually have is a step toward financial responsibility. And money is attracted to people who treat it responsibly

NOTE: If you need more entries, add more on a separate piece of paper

TYPE OF ASSETS	\$\$ VALUE

TOTAL: _____

Now practice gratitude by noticing and thanking God
for every financial opportunity and/or money that you receive!!!



STEP II. Habits that hinder the flow of wealth and new money- generating opportunities. Practicing these behaviors may cause your income or standard of living to decrease.

Avoiding paperwork and filling out important forms because “they’re boring,” or “I’ll do it later.” ADHDers tend to avoid filling out forms because they seem so tedious and confusing. Employment applications, for example, are, I admit, horrible and vile, but what’s the alternative? Not making more (or any) money? Some people with ADHD don’t “bother with” health insurance or seeking government benefits they’re entitled to because it’s “too overwhelming.” Money won’t knock on your door and say “let me in,” if you don’t at least make the effort to find it! Create a to-do list of all paperwork you must fill out and put a deadline next to it! Then mark them off when they are done!

PAPERWORK TYPE	DEADLINE	DONE

This week avoid saying aloud things like “I’ll never be able to afford _____” or “I’m broke,” or “I’m not good at making money!”



STEP III Habits that help you maintain your “status quo” with money, that is, when your income and expenses stay pretty much the same year after year, even though you yearn for more.

When it comes to opening your mail, filing your taxes, and paying bills, you’re not a complete slouch –you eventually get around to that stuff -- but you’re not really on top of it either. You’re alert enough to check your balances so you avoid late fees--most of the time --but when you’re not doing the minimum amount of financial maintenance, you’re not thinking about money, period. You have a general idea of your net worth, but you’re not sure if you’re right.

Investing or looking for new income sources sounds like a good idea, but not now -- you have television shows to catch up on! Money treats you like you treat it: It doesn’t completely ignore you, but it’s not really “into you” either

Create a list of your bills and their due dates. Print it out and complete it ON TIME!

BILL TYPE	DUE DATE	DONE

Believing that wherever you’re currently at, career-wise, earnings-wise, and spending-wise, it’s good enough; it would feel wrong or greedy to make a “big thing” of it