HUNTRESS

Start Fresh

30 Day Journaling Guide

A guided reset to explore your relationship with money, shift limiting beliefs, and reconnect with what truly matters to you.

Instructions: Make a personal copy of this document (file > download), take down each prompt into your written journal, or print this file (2 pages per page please!). Commit 10 minutes a day.



Week 1

Awareness & Reflection

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Day 1: What is my first memory of money?

Day 2: How was money talked about (or not) in my childhood home?

Day 3: What did I learn about success growing up?

Day 4: What unspoken money rules did I internalize?

Day 5: When have I felt financially safe? When have I felt the opposite?

Day 6: What emotions do I associate with money today? (Fear, guilt, freedom, joy, etc.)

Day 7: What part of my financial story needs compassion or healing?



Week 2

Mindset & Beliefs

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Day 8: What do I believe about people who have “a lot” of money?

Day 9: What do I believe about myself and my ability to earn or grow wealth?

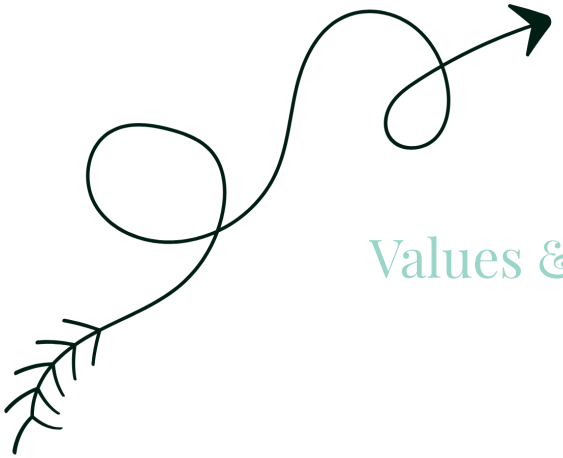
Day 10: What beliefs about money no longer serve me?

Day 11: Where do I shrink, avoid, or freeze when it comes to money? Why?

Day 12: What stories do I tell myself when I spend money?

Day 13: When do I feel most empowered around money?

Day 14: What's one money belief I want to rewrite?



Week 3

Values & Alignment

Day 15: What does financial freedom look and feel like to me?

Day 16: What are three values I want to align my money with?

Day 17: How does my spending reflect my values? Where is there friction?

Day 18: What does "enough" mean to me?

Day 19: Who do I want to become in my financial life?

Day 20: What motivates me more: stability, abundance, impact, freedom — or something else?

Day 21: What am I proud of financially, even if it feels small?



Week 4

Vision & Action

Day 22: If I started fresh with no guilt or pressure, what would I want?

Day 23: What does a balanced relationship with money look like to me?

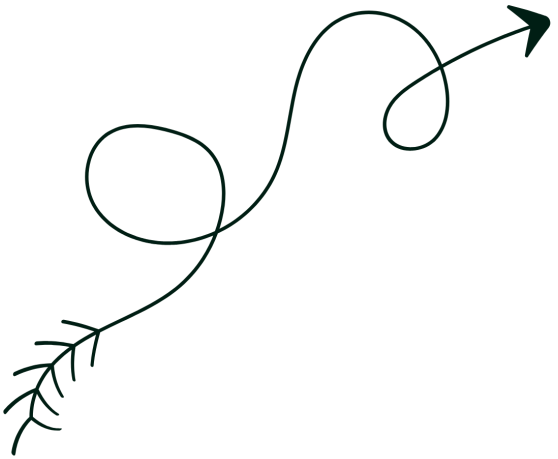
Day 24: What does “rich” mean in my life — beyond money?

Day 25: How do I want to feel at the end of this year financially?

Day 26: What's one short-term goal that feels exciting and doable?

Day 27: What's one long-term vision that lights me up?

Day 28: What support or structure would help me stay aligned?



Week 5 Outcomes

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Day 29: What would it look like to trust myself more with money?

Day 30: What's one message I want to carry forward from this month?