



31 tiny money resets

for October

One small task a day, most under two minutes. Rest days included.

Missed a day? Carry on with today. Nothing to catch up. Tick what you do; skip the rest.

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| ☐ | Day 1 | Look at your bank balance once. Only look. That's the whole task. |
| ☐ | Day 2 | Write down the date of your next payday. |
| ☐ | Day 3 | List the bills that leave before that payday. A rough list is fine. |
| ☐ | Day 4 | Find one subscription you forgot about. You don't have to cancel it yet. |
| ☐ | Day 5 | Put your next rent or card due date in your phone calendar, with a reminder 3 days before. |
| ☐ | Day 6 | Check your bag, car or hallway for anything waiting to be returned. |
| ☐ | Day 7 | Park one want for 48 hours. Write it down with its price. |
| ☐ | Day 8 | Rest day. Nothing to do. |
| ☐ | Day 9 | Look at last week's food delivery total. A number, not a verdict. |
| ☐ | Day 10 | Turn on low-balance alerts in your bank app, if it has them. |
| ☐ | Day 11 | Find one free trial that ends this month. Set a reminder for the day before. |
| ☐ | Day 12 | Open the free tool and see what's free to spend today. |
| ☐ | Day 13 | Move a tiny amount to savings. \$1 counts. |
| ☐ | Day 14 | Rest day. |
| ☐ | Day 15 | Put a note by your door: "Anything to return?" |
| ☐ | Day 16 | Unsubscribe from one shop's marketing emails. |



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| ☐ | Day 17 | Delete one saved card from a site you often impulse-buy on. |
| ☐ | Day 18 | Check the want you parked on day 7. Still want it? Either answer is fine. |
| ☐ | Day 19 | Write down one late fee from the past year. That's one line of your ADHD tax. |
| ☐ | Day 20 | Ask about one fee. A short, polite message asking if it can be waived. |
| ☐ | Day 21 | Rest day. |
| ☐ | Day 22 | Sunday reset, 10 minutes: balance, bills before payday, one thing to park. |
| ☐ | Day 23 | Look at your phone's subscriptions list in its app store settings. |
| ☐ | Day 24 | Pick one leak to notice this week: delivery, apps or shopping. Notice, don't fix. |
| ☐ | Day 25 | Clear one small thing from the mail pile. |
| ☐ | Day 26 | Put next month's bill dates in one place. |
| ☐ | Day 27 | Rest day. |
| ☐ | Day 28 | Before Halloween shopping, pick a treat budget. |
| ☐ | Day 29 | Look back: which task felt easiest? Keep that one. |
| ☐ | Day 30 | Pick three of these to keep for November. |
| ☐ | Day 31 | You did October your way. Missed days don't count against you. |