



Happy



Excited



Bored



Envious



Content

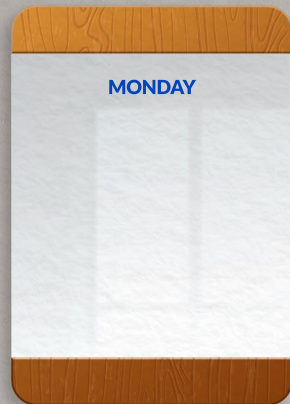


Fear

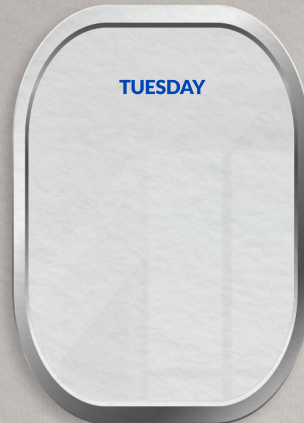


Angry

WALL OF REFLECTION



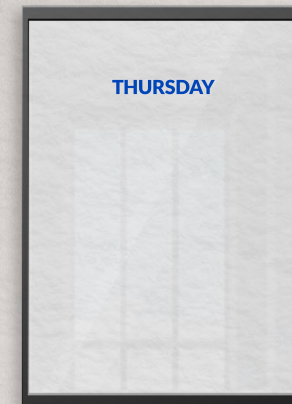
MONDAY



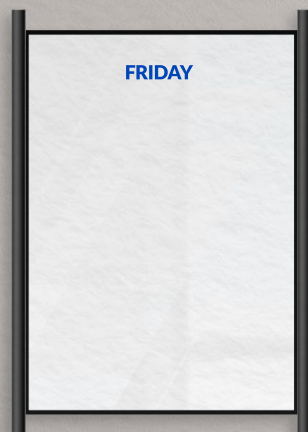
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY

Mirror, mirror, on the wall. Here's what I bought before. For a week I spent on plenty of things, but what cost the most was most definitely this:

And though it cost me quite a lot, I brought it home all because:

- ☐ It was on sale.
- ☐ It was a necessity.
- ☐ I was influenced by a friend.
- ☐ I was feeling
- ☐ Others



1

At the end of each day, reflect on your mood and fill in the mirror with the corresponding colour. Then within the mirror, draw or write down your biggest purchase of the day!

2

At the end of the week, reflect on it by answering the weekly questions. This helps you better understand your spending habits.

3

Do step 1 and 2 for four weeks, before reflecting on all your purchases by answering these questions:

- a. At this moment, what do you feel towards all the purchases you've made this month?
- b. Do you notice a pattern regarding your spending in the past month? If so, what is it?
- c. What would you do differently in the future?