

The 21 Day Financial Fast Daily Journal Page

Every day during the fast I want you to write down your feelings, fears, or frustrations about your finances.

After the fast is over, go back over your notations and see what growth or insights you've made.

Date and Day of the Fast:

What was easy about today:

What was hard about today:

What did I learn from today's chapter:

What I was feeling today about my finances: