Student money-mindset journal

A calm place to write what a bill or loan is stirring up, what you actually owe this month, and one admin step you can take. This is a journal, not counselling or financial advice.

NAME

DATE

TODAY

DATE

WHAT PROMPTED THIS PAGE (A BILL, A DEPOSIT, A NEWS STORY, SOMETHING ELSE

WRITE HERE

What money task is on my mind, in one or two sentences?

What I know I owe or expect this month (copied from bills or my official notice, not a guess)

What I am waiting on (an aid deposit, a reply, a document)

One admin step I can take this week (log in, upload a page, email the aid office, check a due date)

Who I can ask, and how I will contact them

IF MONEY WORRY IS TAKING OVER: NUMBERS AND PAGES I CAN USE (HELP LINES, FINANCIAL AID OFFICE)

This page is not therapy and it is not a clinical thought record. If you need someone to talk to, use the help-line and mental-health pages linked from the online version of this sheet.