

My budget (my income vs. my expenses)

My income

My expenses  
(I need these)

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Total

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Total

Total income - Total expenses = Money I can spend on things I want

Therefore my disposable income is

- =

My anti-depression self-help check list

Positive Actions

Mon

Tues

Wed

Thurs

Fri

Notes


When I...	What happens is...	It feels like...	I can do this instead...	When I tried it this happened	So next time I will...