



IMPULSE SPENDING SHIELD

Before you buy, run it through



ADHD MONEY MANTRAS

Print this. Put it where you'll see it. Read one when money stress hits.

"A late payment doesn't make me a bad person."

"My brain works differently — my budget should too."

"Progress over perfection, always."

"I don't need to be perfect with money. I need to be aware."

"Impulse spending is a signal, not a character flaw."

"Small steps still move me forward."

"I deserve to feel safe with my money."

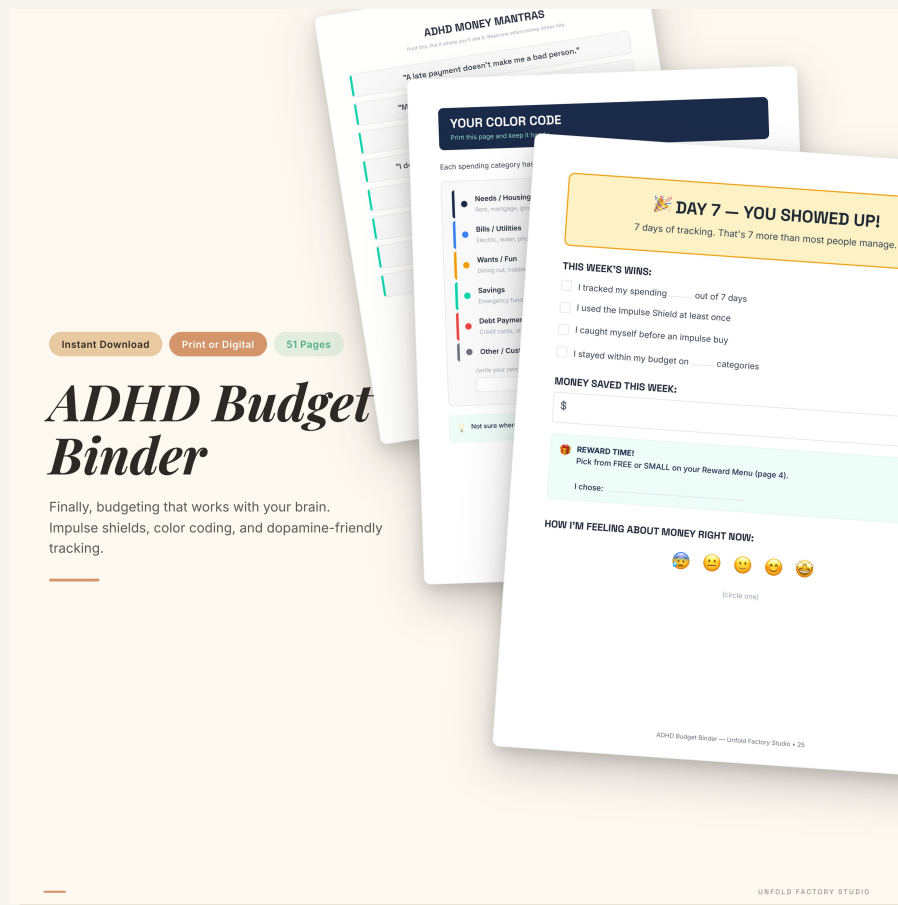
"Today is a new day to try again."

UNFOLDFACTORY

A BUDGET BUILT FOR YOUR BRAIN

ADHD Budget Binder

51 pages with colour-coded categories, simple, standard and detailed budget modes, a bill dashboard, subscription audit, savings and debt trackers, and day 7, 15 and 30 reward checkpoints. Zero shame.



See the binder on Etsy

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