

Free Download — Sovereign Money Checklist (PDF)

Print it, tape it near your desk, and run every paycheck through it. It mirrors the 5 pillars + space for your “money laws.”

Build Your Sovereign Money Mindset Today

Download the checklist, set your 4 buckets, and add a 10-minute weekly review. Stop money leaks you won't even remember.

Get the Checklist

Pairs perfectly with: *Attention Economy Mindset · Workflow Simplification System*

Project / Date

Project	Date
<input type="text"/>	<input type="text"/>

1) Four Buckets (set % targets)

Wealth / Future %	<input type="text"/>	%
Essentials %	<input type="text"/>	%
Ops / Creative %	<input type="text"/>	%
Fun / Human %	<input type="text"/>	%

2) Five Pillars (rules + quick checks)

Pillar 1 — Purpose-First Inflow: Inflow rule (describe or %)

Pillar 2 — Attention-Based Budgeting: Fund first (this week)

Defund (this week)

Pillar 3 — Protected Wealth Rail

Wealth rail %	<input type="text"/>	Auto-transfer date	<input type="text"/>	Account	<input type="text"/>
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Pillar 4 — Low-Friction Payments: Add friction to

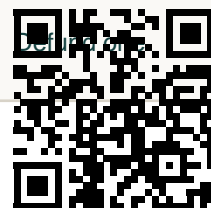
Remove friction from

Pillar 5 — Weekly Money Review (10 minutes):

Accounts checked	Move leftovers → wealth rail
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Notes

Scan or tap →



3) My Money Laws (sovereign rules I follow)