**Emotional Banking Sheet**

**Balance in Emotional Saving Account: \_\_\_\_\_\_\_\_\_\_**

**Opening Balance for the Day in Emotional Checking Account:\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Debits from the Emotional Checking Account:**

**\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_**

**Deposits in Emotional Checking or Savings Account:**

\_\_\_\_\_\_\_

\_\_\_\_\_\_\_

\_\_\_\_\_\_\_

\_\_\_\_\_\_\_

\_\_\_\_\_\_\_

**Balances at End of Day**

**Savings: \_\_\_\_\_\_\_\_**

**Checking:\_\_\_\_\_\_\_**