MY NEW MENTAL BANK CONTRACT

Signature: **Date:**

Value Event	Hourly Rate	Flat Rate
My Mental Bank		

Value Event	Hourly Rate	Flat Rate

MY MENTAL BANK HAPPENINGS

Date:_____

MY MENTAL BANK AFFIRMATIONS

MY MENTAL BANK LEDGER

Date:_____ Mental Bank Goal: _____

Value Events	Rate	Hours	Deposits
Today's Deposits:			
Balance Forward:			
New MB Balance:			

MY NEW MENTAL BANK BALANCE

Signature: