
Vestige

THE MONEY RITUAL
STARTER



A 7-Day Gentle Reset for the moments money feels heavy.

By Vestige: Money Confidence

Start Here

You do not need to think about money every day.

For many people, daily money tracking becomes another streak to break, another reason to feel behind, or another reminder of what feels uncertain.

A weekly ritual gives you a smaller, kinder place to return to. You do not need to solve everything. You only need to notice what is here, look ahead gently, and choose one next step.

This ritual is designed to help you:

- Feel calmer before looking at your money
- Notice spending, bills, or worries before they become bigger
- Make one small decision instead of trying to fix everything
- Build trust by returning to your money without judgment

This is not:

- A budget spreadsheet
- A debt payoff plan
- A test of discipline
- Financial, investment, tax, or mental-health advice

Vestige principle:

Your numbers are information—not a verdict on who you are.



THE CANDLE READING

Your Candle Reflects Your Current Rhythm.

Your candle colour is not a score. It is a quiet reading of your current money rhythm.

Vestige uses the relationship between your Burn and Flow to reflect where things feel steady, tender, or in need of rest.

You can return to Sanctuary at any time. If your monthly numbers change, you can update them and let your candle reflect what is true now.



GOLDEN

“Gold is steady.”

Your Burn and Flow feel balanced enough for your current rhythm.

There is room to keep going gently.



DIM

“Blue needs care.”

Your current rhythm needs care—not panic.

Keep the next ritual small. Returning still counts.



HIBERNATION

“Grey rests.”

Your current rhythm is asking for rest.

Focus on safety, softness, and returning when you are ready.

There is no “bad” candle mode. Grace Days are part of the rhythm, too.
The ritual begins by telling the truth about where you are.

Your Ritual Has a Rhythm

One small ritual each day.

No streaks. No catching up. No need to do it perfectly.

Vestige is not about tracking every dollar or getting everything right.

It is a way to return to your money in small, honest moments—so clarity can build without pressure.

DAILY

A small moment to return to yourself. (5mins)

- Choose your candle mode.
- Read an Epiphany.
- Complete one Zen Task.

WEEKLY

A quiet moment to return to your money. (whenever you like)

- Notice what feels heavy.
- Look at one useful thing.
- Choose one next step.

You do not need to do everything.
You only need to return.

Your First Money Ritual

Seven small steps. A few quiet minutes.

Open Vestige and follow along. Take what you need. Leave the rest.

01 — OPEN VESTIGE

Find a quiet moment. You do not need to be ready.



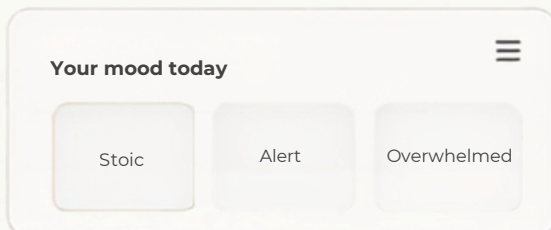
02 — CHOOSE WHAT YOU NEED TODAY

Need rest? Choose Grace Day.
Ready to begin? Continue with your ritual.



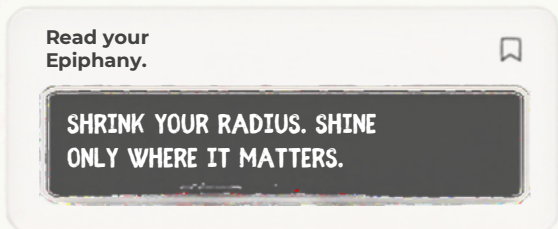
03 — CHOOSE TODAY'S MOOD

Choose the feeling that is closest to where you are.
Choose Stoic, Alert or Overwhelmed.



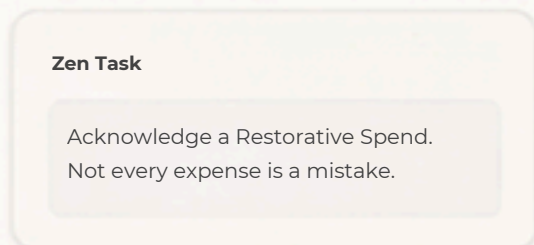
04 — RECEIVE AN EPIPHANY

Read one thought that meets you where you are.



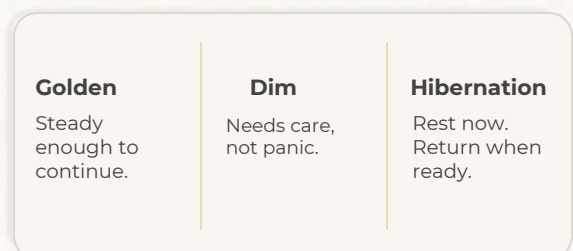
05 — RESPOND TO ONE ZEN TASK

Meet one small task that feels possible.

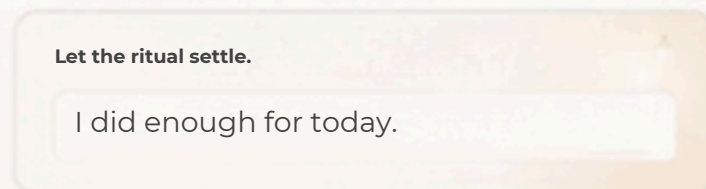


06 — NOTICE YOUR CANDLE STATE

Your candle colour is not a score., it reflects the rhythm you are building.



07 — CLOSE & RETURN TO SANCTUARY or STUDY.



The ritual is not about doing more. It is about returning with less fear.

WEEK OF: _____

01 HOW DID MONEY FEEL THIS WEEK?

- ☐ Steady ☐ Tight ☐ Heavy ☐ Unclear ☐ Avoided ☐ Hopeful
- ☐ Other: _____

02 WHAT DID I NOTICE?

One thing that felt present, surprising, or worth paying attention to:

03 WHAT IS COMING UP?

One bill, payment, plan, or expense I want to remember:

04 MY ONE CALM NEXT STEP

- | | |
|--|--|
| ☐ Check one account or statement | ☐ Wait 24 hours before a non-essential purchase |
| ☐ Review one recurring charge | ☐ Move a small amount toward savings |
| ☐ Pay or schedule one bill | ☐ Ask for support |
| ☐ Write down one upcoming expense | Other: _____ |

05 CLOSE WITH GRACE

This week, I handled:

For next week, I want to remember:

I did enough for today.

I need a Grace Day.

I will return when I can.



Return to One Small Thing

You do not have to solve every money worry at once.
Choose the card that meets you where you are.

WHEN YOU ARE AVOIDING YOUR BALANCE

You do not need to make a plan before you
look. Open one account. Notice one
number.

Take one slow breath. That is enough for
today.



AFTER AN UNEXPECTED EXPENSE

This happened. It does not mean you
failed. Name what needs attention. Write
down one next step. Do not make five
decisions at once.



WHEN SPENDING GUILT TAKES OVER

Before you punish yourself, get curious.
What did I need in that moment?
Comfort? Relief? Joy? Convenience?
Belonging? Notice the reason. Do not
turn it into a verdict.



Visit Study to return to revealed Zen Tasks and Weekly Inspirations.
Or return to Sanctuary when you simply need quiet.

YOUR RITUAL CAN CONTINUE

Return Whenever You Need To.

This guide gives you a place to begin.

Vestige gives you a quieter way to return—one Daily Ritual, Zen Task, Epiphany. Weekly Inspiration, and Sanctuary moment at a time.



DAILY RITUALS

A small moment to meet yourself where you are.



STUDY

Return to revealed Zen Tasks and Weekly Inspirations.



SANCTUARY

A quiet place to rest without needing to do more.



BEGIN WITH VESTIGE

Download Vestige: Money Confidence

Small steps. Lasting clarity.



Download on the
App Store



Vestige supports mindful reflection and everyday money habits. It does not provide financial, investment, tax, legal, medical, or mental-health advice.