FIFO Love

Love & Money Quest Tracker

Tiny Steps. Big Shifts. Real Connection.

A companion to the Love & Money Workbook Created with love by Pamela Crane, FIFO Love.

This workbook is for general relationship support only and does not constitute financial advice.
For personal finance matters, please speak with a qualified financial adviser.

Welcome to your Love & Money Quest Tracker

This tracker is your safe, simple way to see progress — not perfection. Every heart you tick represents a brave moment where you showed up for your relationship.

Whether it's a five-minute conversation, a small reflection, or a little act of honesty, each step builds emotional safety, trust, and connection.

💡 **How to use it:**

- **Print or keep it digital... whatever suits your FIFO lifestyle.**
- **After reading each email or completing a workbook mission, tick or colour in a heart.**
- **There's no rush. One mission a week, or even a month, still counts.**
- **Celebrate every heart you earn... they're proof you're growing together.**

💬 **Remember:** Small shifts add up. The goal isn't to be perfect with money... it's to feel more secure, heard, and connected while apart.

With warmth and belief in you,
Pamela x
Founder of FIFO Love 💛
fifolove.com.au

FIFO Love — Helping you feel emotionally connected, even when apart.

Pamela Crane - FIFO Love - Relationship Coach - 2025 - ALL RIGHTS RESERVED | DO NOT REDISTRIBUTE

Love & Money Quest Tracker

Mark a heart each time you complete a mission.
Small steps lead to big love.

- [ ] Read Welcome Letter & jot one feeling
- [ ] Transparency Reset (tiny update/question)
- [ ] Trust Builder (5-min Money Pulse Check)
- [ ] Team-Us Mission (invite partner into one decision)
- [ ] Deep-Dive Mission — Explore Connected Hearts
- [ ] Write your own win here

Notes and Reflections

Pamela Crane - FIFO Love - Relationship Coach - 2025 - ALL RIGHTS RESERVED | DO NOT REDISTRIBUTE

You Did It!

One step, One Heart, One Brave Conversation at a time.

You've completed your **Love & Money Quest Tracker**, and that's something to be proud of.

Every heart you've marked is proof that you showed up with courage, honesty, and love for your relationship.

Whether your partner joined in every step or you've been doing this solo, you've planted seeds of trust and connection that will keep growing.

Remember: real change doesn't happen all at once.

It happens in moments... just like the ones you've created here.

💛 Keep celebrating your progress, revisiting what worked, and gently trying again when things feel tough.

You're building a love that lasts.

You've unlocked all your hearts... your connection level just went up!

🌿 Keep the Connection Going:

- **Revisit your workbook** whenever you feel a wobble... it's your safe place to reconnect.
- **Share your wins or reflections** in the FIFO Wives & Girlfriends Keep Your Relationship Alive While Apart ❤️ Facebook group... I'd love to cheer you on there.
- **If you're ready for deeper support**, explore Connected Hearts or reach out for 1:1 coaching. When you're ready, your next step will be right there waiting. 👉 fifolove.com.au

With warmth and pride,
Pamela x
Founder of FIFO Love 💛

Pamela Crane - FIFO Love - Relationship Coach - 2025 - ALL RIGHTS RESERVED | DO NOT REDISTRIBUTE