



Evaluating Saving Money Exercise

Benefits of this activity:

1- Increase the importance of the saving money habit, now that you know what you're going to have out of it.

2- Increase your motivation to keep going if you stumbled along the way.

Instructions:

Identify all possible advantages (things you can have/buy) and disadvantages (things you'll miss out) you can come up for your own life in each wellbeing dimension. (you can reflect on the article here [putlink](#))

Wellbeing dimension	Pros	Cons
Financial wellbeing		
Mental wellbeing		
Physical wellbeing		
Social wellbeing		
Emotional wellbeing		
Spiritual wellbeing		