

Saving Money Challenge

Document A (steps 1-5)

Name:

Amount to save per 4 weeks:

Make sure to read the full instructions mentioned in the article [here](#)

Wellbeing dimension	Brainstorm items	Choose 1	Cost	Plan
Financial wellbeing				
Mental wellbeing				
Physical wellbeing				
Social wellbeing				
Emotional wellbeing				
Spiritual wellbeing				

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Document B (steps 6-8)

Name:

Amount to save per 4 weeks:

Make sure to read the full instructions mentioned in the article [here](#)

Wellbeing Dimension	Goal	Cost	Plan	Risks	Solutions

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Document C (step 9) - Make sure to read the full instructions mentioned in the article [here](#)

	Saved (Y/N)	Things went well	Things went bad	Opportunities
1- 4 weeks				
5- 8 weeks				
9-12 weeks				
13- 16 weeks				
17 – 20 weeks				
21 – 24 weeks				

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Document C (step 9) - Make sure to read the full instructions mentioned in the article [here](#)

	Saved (Y/N)	Things went well	Things went bad	Opportunities
25 – 28 weeks				
29 – 32 weeks				
33 – 36 weeks				
36 – 40 weeks				
41 – 44 weeks				
45 – 48 weeks				
49 – 52 weeks				