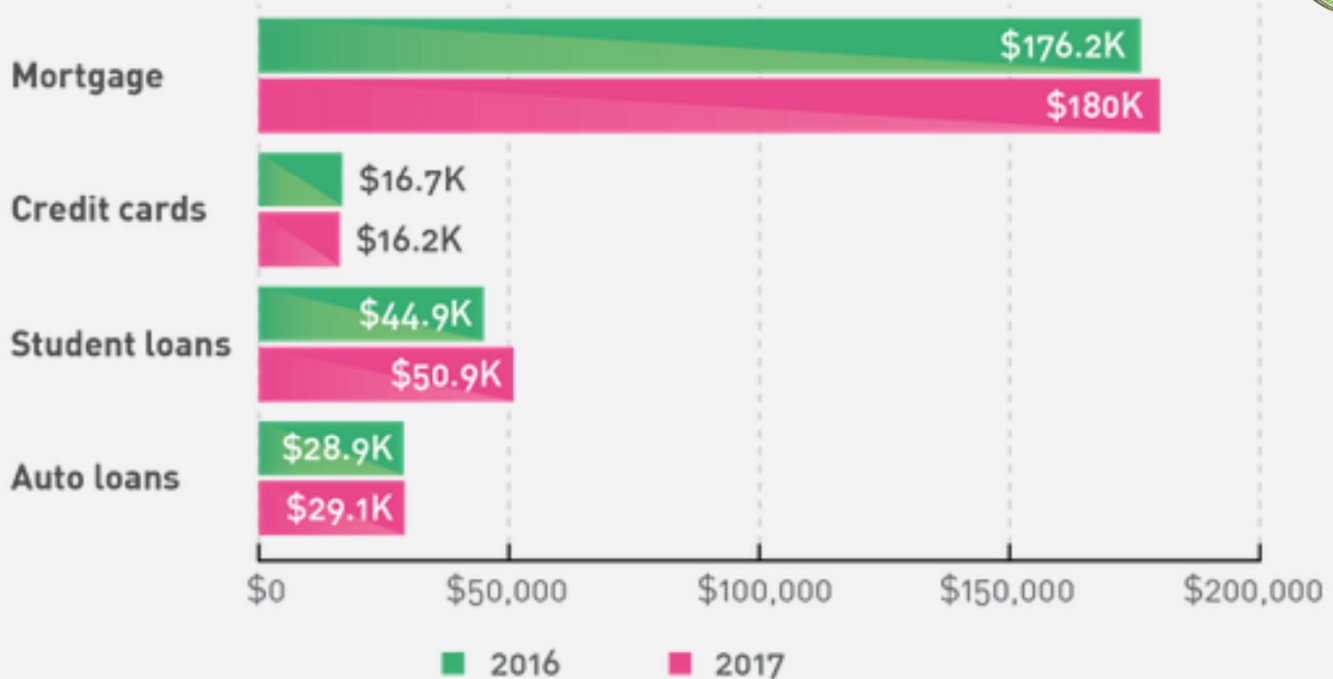


30 Day Money Challenge

Yikes!!!! How does your debt compare



Average American Debt



Declare a "Needs Only" week

Impromptu yard sale

Clean out excess large furniture and sell
(Facebook/Craigslist/Yard Sale)

Extra odd jobs

Is there a skill or task your good at that
generates extra income?

Return unused purchases

Sell gently used video games

Sell unwanted gold jewelry

Turn your thermostat up or down a few degrees
depending on what time of year it is

Be brave enough to cancel cable or reduce your
services

Cancel unused gym memberships. If you have a
membership that you have not used in 3-6
months, cancel it.

**Ways To
Save Cash!
Circle the
ones you
think you
can do.**

*Get the whole
family
involved!!!*

Shave off the grocery bill by shopping generics,
try a discount grocery store, or reduce the
amount of animal meat in your diet

Skip the morning drive through/convenient
store snacks and drinks (bring your own)

Shave off coffee spending

Coupons... Coupons... Coupons...

Free or low cost family entertainment

What can you do yourself for a period of time
(clean/mow/cook)

Brown bag your lunch

Water at restaurants and bring your own
refillable water bottle when shopping and
traveling

Cash in loose change

Where are you paying too much?

Eat at home or cut down on eating out