

# Savings Challenge Playbook

This playbook outlines a series of distinct savings challenges designed to encourage and motivate individuals to increase their savings. These challenges vary in complexity and intensity, allowing anyone to find a challenge that suits their financial situation and goals.

## Step 1: **Research**

Explore different types of savings challenges online, such as the 52-week challenge, no-spend challenge, or the round-up challenge, to understand how they work and which might be most suitable for your financial goals.

## Step 2: **Goal Setting**

Determine your savings goals. These could range from building up an emergency fund, saving for a vacation, or simply improving financial habits.

## Step 3: **Challenge Selection**

Choose a savings challenge that aligns with your goals and financial capacity. Ensure the challenge is feasible considering your regular income and expenses.

## Step 4: **Rules Creation**

Formulate rules for your chosen challenge. This may include setting specific amounts to save, defining no-spend days, or deciding how to round up transactions for savings.

## Step 5: **Tracking Setup**

Create a system to track your savings progress. This can involve setting up a spreadsheet, using a financial app, or keeping a physical savings jar or piggy bank.

## Step 6: **Implementation**

Start the challenge according to the rules you've set. Be consistent with your savings behaviour, whether it is daily, weekly, or monthly.

## Step 7: **Adjustments**

Review and adjust your plan as necessary. If you encounter difficulties, modify the challenge rules to overcome obstacles without abandoning the effort to save.

## Step 8: **Persistence**

Maintain enthusiasm for the challenge. This could include sharing your progress with friends or family for accountability or celebrating small victories along the way to stay motivated.

## Step 9: **Assessment**

At the end of the challenge, evaluate your performance. Assess whether you met your savings goal, what worked well, and what could be improved for the next challenge.

# **General Notes**

## **Emergency Funds**

Ensure that your savings challenges do not deplete necessary emergency funds and that you maintain a balance that is safe and responsible for your circumstances.

## **Financial Advice**

Consider seeking financial advice to tailor challenges to your specific financial situation, especially for high savings goals or if you have significant debts.

## **Reward System**

You may wish to establish a reward system for reaching certain milestones within the challenge, provided it does not counteract your savings efforts.