

Creating a Savings Plan

Saving money takes time, but more importantly—saving money takes planning. Think about how much money you'd like to save, either to buy a certain item or to get into the habit of saving. Write the total amount you'd like to save next to the dollar sign across from the 100 percent mark on the savings scale below. Then figure out the other percentage amounts and write in those dollar goals. After you finish, think about a reward for each savings achievement. Make sure all the rewards do not involve spending money. See the "Other Ideas for Rewards" box to get you thinking. Then start saving. Chart your progress by coloring the goals you reach, one by one. And see what happens.



100%	\$ _____	Reward: _____
75%	\$ _____	Reward: _____
50%	\$ _____	Reward: _____
30%	\$ _____	Reward: _____
15%	\$ _____	Reward: _____
5%	\$ _____	Reward: _____
0%	\$ <u> 0 </u>	

(continued)

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Example

100%	\$ <u>50.00</u>	Reward: Buy that jacket you've been saving for.
75%	\$ <u>37.50</u>	Reward: Set aside a block of time one day to do only the favorite things you want to do.
50%	\$ <u>25.00</u>	Reward: Make a toast to your savings with your favorite soft drink.
30%	\$ <u>15.00</u>	Reward: Talk on the phone with a close friend.
15%	\$ <u>7.50</u>	Reward: Spend 30 minutes reading a book or magazine.
5%	\$ <u>2.50</u>	Reward: Take a walk on your favorite walking path.
0%	\$ <u>0</u>	



Other Ideas for Rewards

- Bake yourself your favorite treat to eat.
- Go for a bike ride.
- Take a longer bath or shower.
- Take an afternoon nap.
- Check out a CD from your local library.
- Check out a movie from your local library.