

## 4-WEEK MONEY **CHALLENGE**

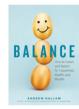


GET SMARTER AND BE MORE SUCCESSFUL WITH YOUR MONEY!

Complete 18 out of the 20 actions for a chance to win a 25\$ Mandy's gift card and the book Balance, by Andrew Hallam. Earn a second entry into the raffle if you complete all actions! Click on each action for instructions. Dates indicated below are suggestive as actions can be completed at any moment between November 6 and December 1. Submit your form to <u>healthandwellbeing.hr@mcgill.ca</u> by the latest on December 4th at 5:00 PM.







Nov 6

Identify your money goals and values

Nov 7

Participate in the session: Personal Investing: What's Really Important?

Nov 8

Listen to a podcast about Finance

Nov 9

Create a `conscious spending plan' over the weekend **Nov 10** 

Practice selfcompassion and forgive yourself for past mistakes

**Nov 13** 

Reduce your banking fees **Nov 14** 

Audit your subscriptions **Nov 15** 

Check your credit score

**Nov 16** 

Figure out how long it will take to get out of debt

**Nov 17** 

Plan a no spend weekend

Nov 20

Prep your lunches and/or dinners for one-week (avoid take-out)

Nov 21

Take a step toward eliminating your debt

Nov 22

Learn about the life insurance plans

Nov 23

Check out the Employee Mobile <u>Plan</u>

Nov 24

Ask these 5 questions before making a purchase on Black Friday

Nov 27

Participate in the session: Manage your Cash Flow like the CFO of a Company

Nov 28

Start saving for a short-term goal

Nov 29

Start building an emergency fund

Nov 30

<u>Automate your</u> <u>savings</u>

Dec 1

Calculate your savings rate and be proud of your progress