



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 healthandwellbeing.hr@mcgill.ca 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 self-compassion 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 Plan

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

Automate your savings

Dec 1

Calculate your savings rate and be proud of your progress