

# 9

## WAYS TO PREPARE FOR A NO SPEND MONTH

1

### WRITE DOWN YOUR RULES

Be specific on the exceptions you will make (including dollar amounts).

2

### TALK TO YOUR FAMILY

Let them help with the "rules" and make it a fun challenge!

3

### PREPARE FOR NEEDS

Make sure you have adequate supplies of necessities (but don't go overboard).

4

### TAKE STOCK OF GROCERIES

Clean out the pantry and freezer to make sure you have enough staples to get through the month.

5

### PLAN ENTERTAINMENT

What will you do? Plan free activities and projects.

6

### ENSURE PET NEEDS

Do your furry friends have enough food, litter, and/or medication for a month?

7

### MAKE A PLAN FOR THE MONEY SAVED

How will you use the money saved? Be specific. Don't let that money disappear!

8

### POST REMINDERS

Post motivational reminders throughout your house/car of why you are having a no spend month.

9

### MENTALLY PREPARE.

Be positive. This is not about deprivation. It's only a month! :)

*Ready? Let's Do This!*