



Module 5

Session 10 M5SC10

Stretch Challenge: Tracking your Spending



For the next week keep a record of the times you are tempted to spend money.

- Who or what triggered this spend?
- What mindful shopping techniques could you use to manage that spending temptation?
- What could you do with the money you saved instead?

Potential Spend	Trigger?	How did you resolve?	Money saved?