

# Saving Activity

Do you have any expensive habits? Maybe a coffee addiction? What about shopping sprees for clothes or electronics? Manicure, pedicures, and spa days can add up fast. Dining out, smoking, or traveling can also be tempting expenditures for some.

1. What is a habit of yours that costs money, or something on which you regularly spend money on that is not a necessity? \_\_\_\_\_

2. How much do you spend on that activity per month? \_\_\_\_\_

3. Multiply that amount by 12 to determine the amount you spend per year. \_\_\_\_\_

But that is not all your habit or unnecessary spending on this item costs you in a year. If you were to invest that money, that money would grow.

4. What is the best annual rate of return on one of your current investments? \_\_\_\_\_

5. Multiply the total you spent in #3 by the rate of return in #4. \_\_\_\_\_  
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That's how much you could generate in savings in one year just by eliminating one expensive habit.