

# Aggressive Savings Training – Week 1

My savings goal is:

*Why do I want to save and how much?*

How important is my savings goal:

*How big impact does it have? How fast do I need to save?*

Spending review:

*How much do I spend within each category in one month?*

Rent:

Insurance:

Transportation:

Household:

Food:

Going out:

Eating out:

Hobbies:

Gym:

Clothes:

Dentist:

Technology:

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*Mark each expense with the category necessity, want or waste.*

I can do this to cut my waste expenses:

# Aggressive Savings Training – Week 2

These are my want expenses:

*You can break down one category to several different expenses if they occur often.*

Want Expense	Level of Added Value
	<i>Low</i> <span style="float: right;"><i>High</i></span>
.....	<input type="text"/>
.....	<input type="text"/>
.....	<input type="text"/>
.....	<input type="text"/>
.....	<input type="text"/>
.....	<input type="text"/>
.....	<input type="text"/>
.....	<input type="text"/>
.....	<input type="text"/>
.....	<input type="text"/>
.....	<input type="text"/>
.....	<input type="text"/>
.....	<input type="text"/>

*Mark how much value each expense gives you.*

These are the want expenses I will not spend money on:

# Aggressive Savings Training – Week 3

What felt different after week one?

*How did it affect your life to cut out waste costs.*

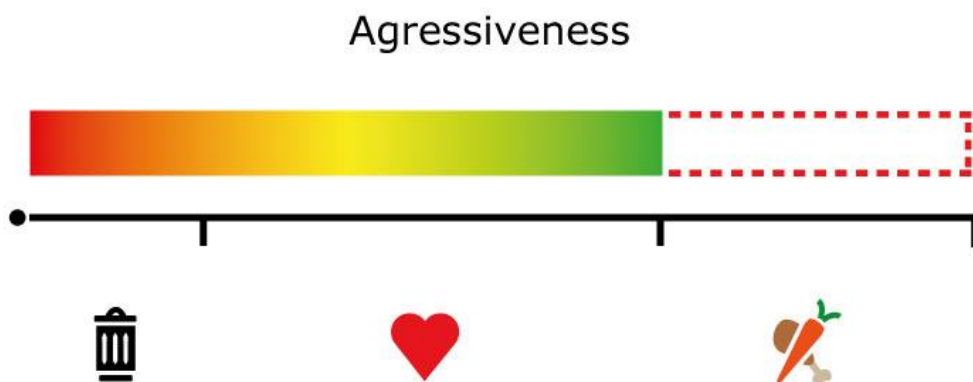
What felt different after week two?

*How did it affect your life to cut out waste costs.*

How much did you spend/save week one and week two?

This week I aim to be this aggressive with my savings:

*Mark which level you wish to achieve.*



# Aggressive Savings Training – End

What felt different after week three?

*How did it affect your life to cut out waste costs.*

How much did you spend/save week three?

How do you want to spend and save your money in your daily life?

What is required from you to reach your savings goal?