

Money detox



Difficulty Saving Time
£ 1

Every week you save, colour in a piece of fruit

Complete the Warm Up card to gain a better understanding of your money health.

My non-essential
outgoings are ^{Think of all the things you'd be willing to cut out on, e.g. takeaways} clothes
shopping and eating out
During my detox month
I'm going to reduce my
spending on ^{Choose three non-essentials} clothes
and restaurants
The detox has saved
me £ ^{200.00} 220



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