



Financial Wellness @ DU

Brennan School of Business



DOMINICAN
UNIVERSITY



Creating a **Savings plan** can make it easier to save

1. Write down the goal you're saving toward.
2. Figure out the total amount you need to save to reach that goal.
3. Decide how many weeks you have to save.
4. Divide the total amount by the number of weeks. That is your savings target.
5. Think about ways you can cut expenses to match the total amount you need to save per week.

Create a savings target.

	EXAMPLE		YOUR INFORMATION
Savings goal	Save \$1,000 for an emergency fund within 10 months (about 40 weeks)		
Total amount needed		\$1,000	
Weeks to reach goal	+	40	+
Weekly amount to save	=	\$25	=

Brainstorm strategies for saving.

	EXAMPLE		YOUR INFORMATION
Strategies for saving and amount saved per week	Switch from premium cable to basic (\$40/month = \$10/week)		
	+	\$10	
	Cut down on eating out		
	+	\$15	
Total projected savings per week	=	\$25	=