







## Easy Buy Nothing Challenge Guide. Save Money and Improve Your Finances

There are a lot of reasons to try a Buy Nothing Challenge. Perhaps the month before you spent a lot on presents, food or vacation.

Or maybe your budget is a little tighter than you want, and you need to save up some money for emergencies.

Whatever your reason, a buy-nothing challenge can help you save a lot of cash and become more aware of purchasing decisions.

I've included a FREE Buy Nothing Challenge bundle of resources you can download and use for this (below). You'll likely complete the challenge with a new perspective and understanding of your money, in addition to saving. Let's get started!



