

Podcast

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Titel: What is the 30 day savings rule?

Head Topics:

- The 30 day impulse spending rule.
- How the 30 day saving rule ties in.
- Make it a challenge.



Summary:

It is hard for some people to stop buying things that are not necessary or even unneeded. This method requires a commitment in order to make it habits. It is about waiting 30 days before implementing a purchase.

Transcripts

→ What is the 30 days saving rule?

- **Introduction:** Introduce my self, the subject and ask Q: Do you find it hard to save money?
- **How it works?** 1- wait for 30 days. 2- deposit the money.

→ What is the meaning of impulse purchase?

- **Meaning:** when emotions control your purchase.
- **How to avoid?** Apply the saving rule.

→ How this rule ties in ? while you are waiting for 30 days, place your money into your savings account until you decide. It will improve your financial status, motivate you to save more and secure you to cover emergencies.

→ Make it challenge:

Let us make it a challenge. Either you follow the previous method or you can do different one, for example, every time you make a purchase take a small amount and save it into your saving account.

Or you can directly save 500\$ when you received your income and keep it into your saving account.