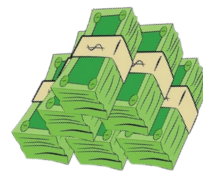




INTENTIONAL SPENDING



We're Over Halfway Through the Year—How Are Your Financial Goals Looking?

Let's be honest. Have you met your financial goals for 2025? Or maybe the better question is: Did you set any financial goals at all?

If your answer is “no” to either (or both), don't worry. You're not alone. And more importantly, it's not too late to start.

Build Our Economic Wealth, Alpha Kappa Alpha Sorority, Incorporated, Lambda Nu Omega Chapter invites you to take the **7-Day No-Spend Challenge**. This is a simple, empowering way to reset your spending habits and refocus your financial mindset.

Reset Your Finances & Mindset: Join the 7-Day No-Spend Challenge

In today's world of one-click purchases and instant gratification, it's easy to spend without thinking. That's why this is the perfect time to pause, reflect, and reset. The 7-Day No-Spend Challenge is a simple yet powerful way to break free from impulse spending and reconnect with intentional financial habits.



What Is the 7-Day No-Spend Challenge?

For one week, you will commit to spending only on essentials things like rent, groceries, bills, and transportation. That means no dining out, online shopping, or buying non-necessities. This isn't about restriction, it's about reclaiming control and making conscious choices.



Why Take the Challenge?

- Reset Habits – Become more mindful of every purchase.
- Boost Savings – Redirect money toward savings, debt, or goals.
- Spark Creativity – Use what you have, rediscover hobbies, and get resourceful.
- Live Intentionally – Learn to distinguish between wants and needs.

Challenge Dates:

Monday, November 3 – Sunday, November 9

How to Prepare:

Set Clear Intentions

Decide now to spend only on essentials:

- Rent
- Utilities
- Car payments
- Gas
- Groceries

Plan Ahead:

- Stock up on pantry staples and household items.
- Fill your gas tank before the challenge starts.
- Pack your lunches and snacks for the week.
- Create a meal plan for the week

Get Support:

- Join our private Facebook group for accountability.
- Invite a friend or family member to join you.
- Share your journey on social media. Support makes a difference!

Tips for Success:

- **Avoid Temptation** – Unsubscribe from marketing emails and avoid browsing shopping sites.
- **Find Free Fun** – Go for walks, read, do DIY projects, or attend free local events.
- **Track Your Progress** – Keep a tally of what you've saved—it's motivating!
- **Reflect Daily** – Journal your thoughts, cravings, and discoveries.

Post-Challenge Reflection:

On November 10, take time to reflect:

- What spending habits did you notice?
- What did you miss most—and least?
- If you didn't complete the challenge, what got in the way?
- Use these insights to build a more intentional and sustainable budgeting routine.

Ready to Take Control of Your Spending?

Say yes to the 7-Day No-Spend Challenge!

Click the [link](#) to sign up and we'll add you to our Private Facebook group for daily motivation and support.

Not on Facebook? No worries! You'll still receive encouraging messages throughout the week to help you stay focused and inspired.

Let's do this—commit today and start your journey toward intentional spending!



Build Our Economic Wealth Committee
Tijuwana Burton, Chairman