



## **Resolve to Save More Money This Year**

As the new year draws closer, it offers a time to reflect on the previous year and give an opportunity for a fresh start.

New Year's resolutions help keep people motivated to stick to their new-year goals. And if you're looking to kick-start your savings this year, try the 52-week savings resolution.

Just think, by the end of the year, you could have nearly \$1,500 stashed away.

What you do with the money accrued from this savings is up to you. It could be set aside and used strictly for emergencies. It could be used for your Christmas shopping. It could be used to pay for a well-earned vacation.

Or you could choose to keep it in your savings account and add to it with the same challenge next year.

The basis of the challenge is simple: Every week, you save money. In Week 1, you save \$1. In Week 2, you save \$2, and so on, all the way to Week 52, where you will save \$52.

At the end of the year using this method, you'll have saved \$1,378.

With this method, the brunt of the savings comes toward the end of the year. And for many, that could be a hefty amount of money to sock away during the holiday season.

If that seems like it's too daunting of a task, you can reverse the order of savings: i.e. save \$52 in Week 1, \$51 in Week 2, \$50 in Week 3, and so on, all the way to Week 52, where you will save \$1.

Here is an example of how the plans will look:

Saving more at the end of the resolution:

Week	Saving amount	Cumulative total
Week 1	\$1	\$1
Week 2	\$2	\$3
Week 3	\$3	\$6
Week 4	\$4	\$10
Week 5	\$5	\$15
Week 6	\$6	\$21
Week 7	\$7	\$28
Week 8	\$8	\$36
Week 9	\$9	\$45
Week 10	\$10	\$55
Week 11	\$11	\$66
Week 12	\$12	\$78
Week 13	\$13	\$91
Week 14	\$14	\$105
Week 15	\$15	\$120
Week 16	\$16	\$136
Week 17	\$17	\$153
Week 18	\$18	\$171
Week 19	\$19	\$190
Week 20	\$20	\$210
Week 21	\$21	\$231
Week 22	\$22	\$253
Week 23	\$23	\$276
Week 24	\$24	\$300
Week 25	\$25	\$325
Week 26	\$26	\$351
Week 27	\$27	\$378
Week 28	\$28	\$406
Week 29	\$29	\$435
Week 30	\$30	\$465
Week 31	\$31	\$496
Week 32	\$32	\$528
Week 33	\$33	\$561
Week 34	\$34	\$595
Week 35	\$35	\$630
Week 36	\$36	\$666
Week 37	\$37	\$703
Week 38	\$38	\$741
Week 39	\$39	\$780
Week 40	\$40	\$820
Week 41	\$41	\$861
Week 42	\$42	\$903
Week 43	\$43	\$946
Week 44	\$44	\$990
Week 45	\$45	\$1,035
Week 46	\$46	\$1,081
Week 47	\$47	\$1,128
Week 48	\$48	\$1,176
Week 49	\$49	\$1,225
Week 50	\$50	\$1,275
Week 51	\$51	\$1,326
Week 52	\$52	\$1,378

Saving more at the start of the resolution:

Week	Saving amount	Cumulative total
Week 1	\$52	\$52
Week 2	\$51	\$103
Week 3	\$50	\$153
Week 4	\$49	\$202
Week 5	\$48	\$250
Week 6	\$47	\$297
Week 7	\$46	\$343
Week 8	\$45	\$388
Week 9	\$44	\$432
Week 10	\$43	\$475
Week 11	\$42	\$517
Week 12	\$41	\$558
Week 13	\$40	\$598
Week 14	\$39	\$637
Week 15	\$38	\$675
Week 16	\$37	\$712
Week 17	\$36	\$748
Week 18	\$35	\$783
Week 19	\$34	\$817
Week 20	\$33	\$850
Week 21	\$32	\$882
Week 22	\$31	\$913
Week 23	\$30	\$943
Week 24	\$29	\$972
Week 25	\$28	\$1,000
Week 26	\$27	\$1,027
Week 27	\$26	\$1,053
Week 28	\$25	\$1,078
Week 29	\$24	\$1,102
Week 30	\$23	\$1,125
Week 31	\$22	\$1,147
Week 32	\$21	\$1,168
Week 33	\$20	\$1,188
Week 34	\$19	\$1,207
Week 35	\$18	\$1,225
Week 36	\$17	\$1,242
Week 37	\$16	\$1,258
Week 38	\$15	\$1,273
Week 39	\$14	\$1,287
Week 40	\$13	\$1,300
Week 41	\$12	\$1,312
Week 42	\$11	\$1,323
Week 43	\$10	\$1,333
Week 44	\$9	\$1,342
Week 45	\$8	\$1,350
Week 46	\$7	\$1,357
Week 47	\$6	\$1,363
Week 48	\$5	\$1,368
Week 49	\$4	\$1,372
Week 50	\$3	\$1,375
Week 51	\$2	\$1,377
Week 52	\$1	\$1,378

Even if there are some weeks where you can't meet that week's savings goal, save what you can that week. There may be some weeks where you can catch up later in the year. Or there may be some weeks earlier in the year where you can save more.

Whatever you do, don't give up. Staying motivated is the key to sticking with your resolutions, and watching your money grow weekly can help keep you motivated.

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