



💡 Lesson 1.01 Challenge Activity: “My Money Map: Wants vs. Needs in Real Life”

Instructions:

1. Track Your Spending for One Week:

- Use a simple notebook, your phone’s notes app, or the provided printable tracker (optional).
- Record **everything you spend money on**. Yes, even small purchases like snacks or app downloads.

2. Categorize Each Purchase:

- Label each item as a **Want** or a **Need**.
- Next to each, jot down **why you made the purchase** (e.g., “I was hungry,” “I was bored,” “It was on sale,” “I needed it for school”).

3. Reflect on Emotional Triggers:

- Highlight any purchases that were made due to emotions like stress, excitement, peer pressure, or boredom.
- Use a star or emoji to mark them.

4. Rewrite the Week:

- Now imagine you only had **\$50 for the whole week**.
- Which purchases would you keep as **needs**?
- Which **wants** would you skip?
- What would you have done differently?

5. Write a Mini Reflection (a few sentences):

- What surprised you about your spending?
- Were there any wants disguised as needs?
- How can you use this awareness to make better decisions going forward?