



Save 10%

NAME:

DATE:

This worksheet is a supplement training guide to “Save 10%” video published on July 30, 2016. Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

It's Soulful Saturday! Savings is a basic personal finance concept but something that many of us overlook. Today's video is all about Material essence: Saving 10%. It is about your deep and personal relationship with having and deserving material abundance. Let me remind you of the importance of saving and provide some tips for how to make it a bigger priority.

The Richest man in Babylon

George Samuel Clason published a series of pamphlets written in parables that was set in the ancient city of Babylon. The book became known as 'The Richest Man in Babylon' and has become a classic in financial literature. There are many lessons that can be learned from this book, but this worksheet is about the one lesson that is discussed in this [video](#).

Save 10% Automatically

The book recommends that we pay ourselves 10% of all that we earn. For every dollar that we earn, 10 cents should go to pay the person you see in the mirror every morning. You may call it your savings, your future investment money, or your emergency funds. Then, make it a habit. Do it consistently. Check out your bank if it allows automatic savings. Make it work. The difference between financially stable people versus broke people is knowing this rule.

Imagine you save 10% of all your salary, how much do you have right now?

Our Journey to Personal Greatness and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

Alvin Brown

CEO and Founder (THCPP)

Integrated Peak Performance and Greatness Coach

Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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