



Seven Simple Steps to Raise \$100!

This challenge will not only help the 2,800 women diagnosed each year with ovarian cancer, but it can also help you improve your monthly household budget.

Tackle one task for the next seven days, and you will find an extra \$100 to support women like Lola who are living with ovarian cancer.



Day 1: Trim the Cable TV

We live in a media-driven world. It's how we obtain information these days, but it doesn't have to be expensive. Dig out that TV cable bill and take a look at your package. Many cable companies offer a basic package, but they don't promote it heavily. Call your cable provider and negotiate a less expensive monthly package.



Day 2: Home and Auto Insurance

When was the last time you looked at your insurance coverage? If you're like most folks, you can't remember. You could save hundreds of dollars a year just by critically examining your insurance costs. Are you paying for coverage you don't need? Is your insurance provider giving you the best rates? Call your Insurance provider to see if there are savings to be had.



Day 3: Cell Phone

Don't worry, we aren't going to suggest you get rid of your cell phone. But we do want you to look at your monthly bills. Cell phone carriers are notorious for adding-on features you didn't ask for and sometimes don't even know you have bought. Check to see if you are on a plan that fits your lifestyle. Decide if you absolutely have to have that data plan. Do your kids really need to be able to send and receive pictures and videos? Finally, if everyone in your family has a cell phone, you might consider cutting out the cost of a land line.



Day 4: Return It!

That's right, take something back. If you're like most consumers, you've bought something recently on an impulse and it's still sitting at home, unused. Find that receipt and take it back, now!



Day 5: Evaluate Your Hobbies

Now we move into the more difficult topics. You can take away a lot of things, but don't take away fun, right? Hobbies are important for maintaining a well-rounded life, but many hobbies steal from your emergency fund and other priorities. Take a look at how much your hobbies are costing you each month, and each year. Make a decision to cut back on those costs by half. If you decide to cut a hobby out completely, see if you can sell your former hobby's toys online!



Day 6: Toys are for Kids

Toys and hobbies go hand-in-hand. Toys are often viewed as tools by the adult owner, but they are rarely necessities to life. How often does that 4-wheel ATV really make it out of the garage? Do you still use that high-end embroidery machine? You can often give yourself a raise and build an emergency fund just by selling off those rarely used items.



Day 7: Ditch the Drive-Thru

There is a restaurant on every corner in every town in Canada. Why? Because we love to eat out! This is an area where all of us spend way too much money. Eating out is part of our culture, but some folks could put a child through college on what they spend eating on the go each year. Commit to eat out only one day a week going forward. Stop eating out completely and you may be able to keep that toy you don't want to sell!

At the end of just seven days we're confident that you will have succeeded with the \$100 Challenge.

Imagine how a woman like Lola will feel knowing that you supported her favourite organization with a gift of \$100, which will provide:

- ✓ By Your Side, a guide for women newly diagnosed
- ✓ Access to the only online support group in Canada
- ✓ Expert led symposia and webinars

Last but not least, have fun with this Challenge!