



# MONEY MOMENTS THAT MATTER

IMPROVE YOUR FINANCES, IMPROVE YOUR LIFE

# ASPIRATIONAL MOMENTS



## JANUARY

"Set a goal that makes you want to jump out of bed in the morning" - Unknown

### MONEY CHALLENGE

What do you aspire to achieve in 2023? Share your goals and aspirations with us - your coach can help you achieve these goals.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

#### Notes

---

---

---

---

---

---

---

---

---

---

#### Dates to Remember

New Year's Day	01
New Year's Day Off	02



011 326 0060 (Head Office)  
 coach@interfaceinc.co.za  
 www.interfaceinc.co.za

# LOVING MOMENTS



## FEBRUARY

"Where there is love, there is life" - Mahatma Gandhi

### MONEY CHALLENGE

Money moments may impact your relationships with your loved ones. Share with your coach a "love and money" moment that has impacted you. Your coach can help you navigate these moments effectively.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4

#### Notes

---

---

---

---

---

---

---

---

---

---

#### Dates to Remember

Valentine's Day 14  
 Healthy Lifestyle Awareness Day 16



011 326 0060 (Head Office)  
 coach@interfaceinc.co.za  
 www.interfaceinc.co.za

# DEFINING MOMENTS



## MARCH

"Sometimes the moments that challenge us the most, define us" - Deena Kastor

### MONEY CHALLENGE

What defining moments have you experienced on your financial journey? Perhaps it was the day you bought a home, paid off your student loan, or the day you got your first job? Think of a defining money moment and how you felt? Whether you define the moment or the moment defines you- your coach can assist you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

#### Notes

---

---

---

---

---

---

---

---

---

---

#### Dates to Remember

Employee Appreciation Day	04
Purim	06 - 07
International Women's Day	08
International Day of Happiness	20
Human Rights Day	21
Global Money Week	21 - 27



011 326 0060 (Head Office)  
 coach@interfaceinc.co.za  
 www.interfaceinc.co.za

# FAMILY MOMENTS



## APRIL

"No amount of money or success can take the place of time spent with family" - Unknown

### MONEY CHALLENGE

Are family matters affecting your money matters? Share your challenges when it comes to family and finance. What is your best money tip when it comes to family support? Coaching can assist you and your family members.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

#### Notes

---

---

---

---

---

---

---

---

---

---

#### Dates to Remember

Alcohol Awareness Month  
 Passover  
 World Health Day  
 Good Friday  
 Holy Saturday  
 Easter Sunday  
 Family Day  
 Freedom Day

05 - 13  
 07  
 07  
 08  
 09  
 10  
 27



011 326 0060 (Head Office)  
 coach@interfaceinc.co.za  
 www.interfaceinc.co.za

# REMARKABLE MOMENTS



## MAY

"Whether you think you can, or think you can't you are usually right" - Henry Ford

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

### Notes

---

---

---

---

---

---

---

---

---

---

### Dates to Remember

Workers' Day  
Shavout  
Mother's Day

01  
25 - 27  
14

## MONEY CHALLENGE

Remarkable money moments - are times that we not only try but we triumph when it comes to money matters. What remarkable money moments have you experienced? Your success can inspire others. Your coach can assist you in achieving a remarkable money moment.



011 326 0060 (Head Office)  
coach@interfaceinc.co.za  
www.interfaceinc.co.za

# MEMORABLE MOMENTS



## JUNE

"Joy is what happens when we allow ourselves to realise how good things truly are"  
- Marianne Williamson

### MONEY CHALLENGE

Memorable moments stay imprinted on our minds and hearts. Think about a memorable moment and how this impacted you financially, for example, the birth of a child or a wedding celebration? What memorable moments are you planning? Your coach can assist you with everyday money moments or planning for memorable ones.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

#### Notes

---

---

---

---

---

---

---

---

---

---

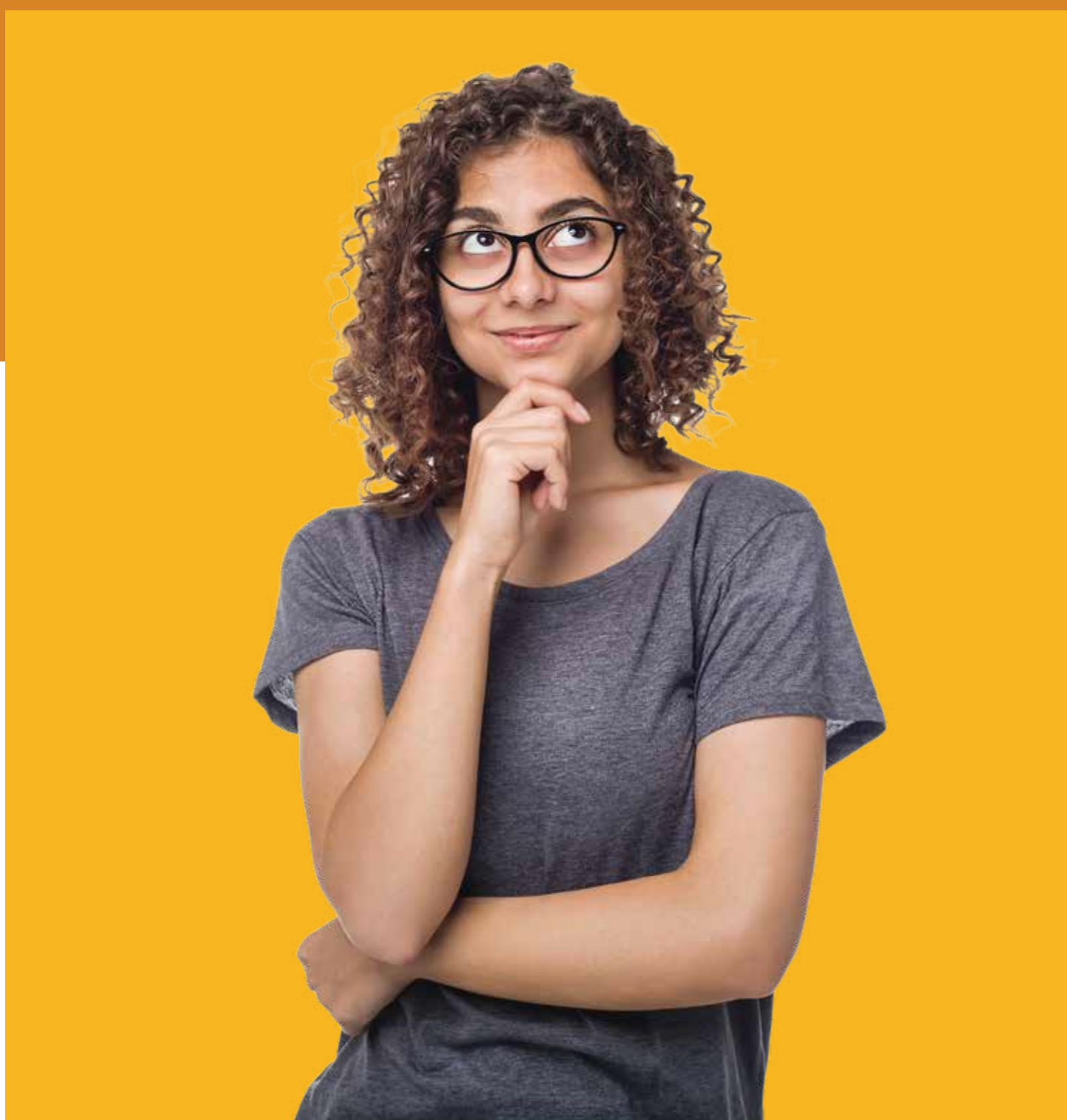
#### Dates to Remember

International Men's Health Month  
Global Day of Parents  
Youth Day

01  
16



011 326 0060 (Head Office)  
coach@interfaceinc.co.za  
www.interfaceinc.co.za



# REFLECTIVE MOMENTS

## JULY

"A winner is a dreamer who never gives up" - Nelson Mandela

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### Notes

---

---

---

---

---

---

---

---

---

---

### Dates to Remember

National Savings Month  
Nelson Mandela Day

18

## MONEY CHALLENGE

Reflection enables us to think, and creatively solve challenges. Spend time reflecting on your financial life. Think about why you started to save, what the benefits are, and your best money saving tip? Your coach can assist you in making saving a habit.



011 326 0060 (Head Office)  
coach@interfaceinc.co.za  
www.interfaceinc.co.za



# POWERFUL MOMENTS



## AUGUST

"Don't go through life, grow through life" - Unknown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

### Notes

---

---

---

---

---

---

---

---

---

---

### Dates to Remember

National Women's Day

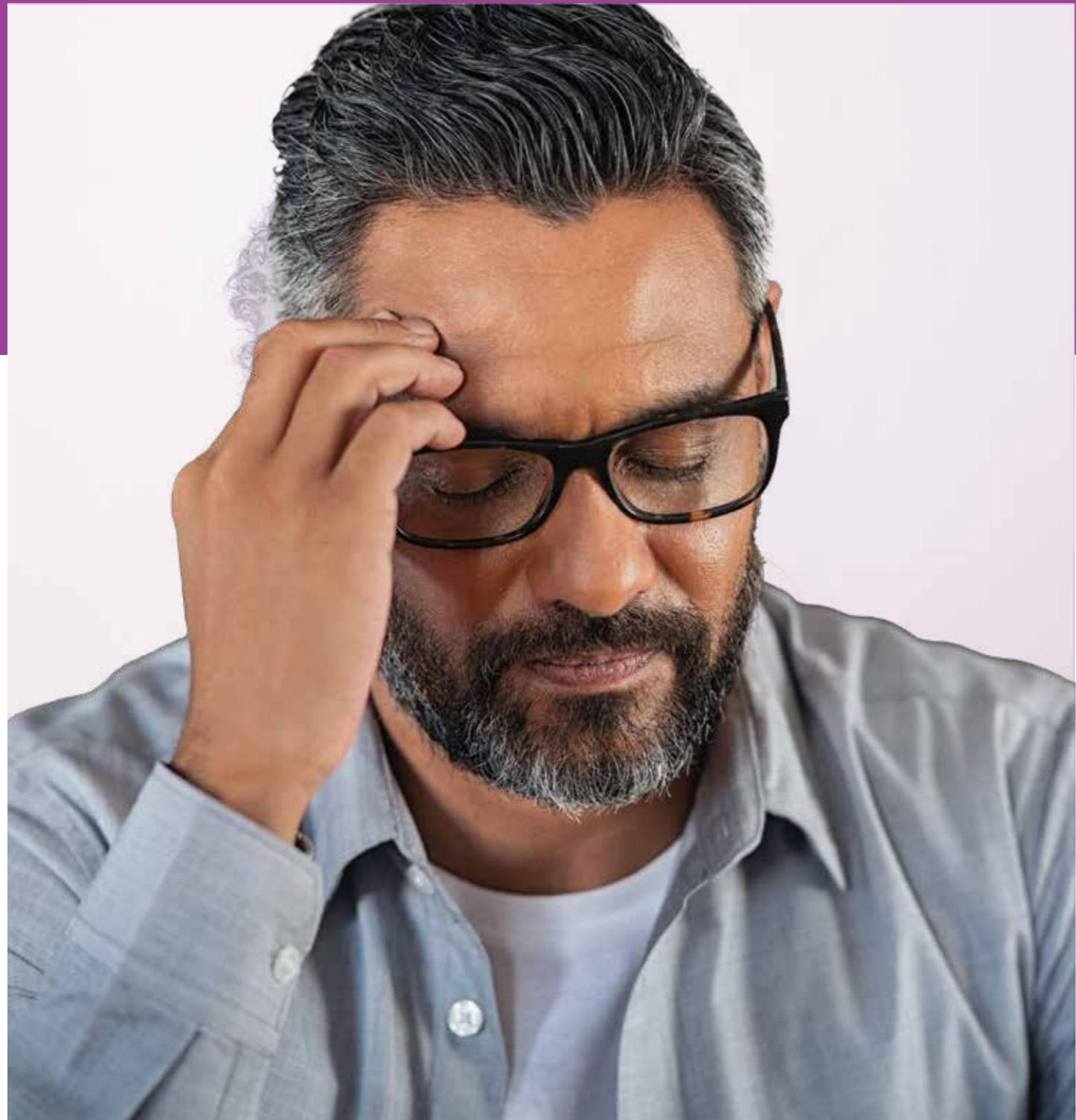
09

## MONEY CHALLENGE

How have you grown in your financial life? Story telling is a powerful tool, share a money action you have taken, your actions may inspire others to change? Need inspiration? Your coach can help you grow financially.



011 326 0060 (Head Office)  
 coach@interfaceinc.co.za  
 www.interfaceinc.co.za



# EMOTIONAL MOMENTS

## SEPTEMBER

"Don't cry because it is over, smile because it happened"- Dr Seuss

### MONEY CHALLENGE

Loss comes in many forms; a change in circumstances or loss of a loved one? Have you experienced loss & how has this experience impacted you financially? Engage with us.

Help is at hand.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

#### Notes

---

---

---

---

---

---

---

---

---

---

#### Dates to Remember

Spring Day	01
National Wills Week	12 - 16
Rosh Hashanah	15 - 17
Heritage Day	24
Heritage Day Off	25
Yom Kippur	24 - 25
Sukkot	29 - 1



011 326 0060 (Head Office)  
 coach@interfaceinc.co.za  
 www.interfaceinc.co.za

# MINDFUL MOMENTS



## OCTOBER

"What you think you become, what you feel you attract, what you imagine, you create"  
- Buddha

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

### Notes

---

---

---

---

---

---

---

---

---

---

### Dates to Remember

Mental Health Awareness Month  
Simchat Torah

06 - 08

## MONEY CHALLENGE

How mindful are you when it comes to your money? Mindfulness is a practice that helps us become aware and conscious of our money habits and decisions. Become money mindful, sign up for our Money Mindfulness challenge. Your coach can assist you in making money mindfulness a habit.



011 326 0060 (Head Office)  
coach@interfaceinc.co.za  
www.interfaceinc.co.za

# INNOVATIVE MOMENTS



## NOVEMBER

"You have brains in your head, you have feet in your shoes, you can steer yourself in any direction you choose" - Dr Seuss

### MONEY CHALLENGE

Innovative Money habits have the power to transform your finances. Money challenges can be solved when you innovate to elevate your financial life. Share your financial challenges or an innovative money solution with us. Your coach can help you find and implement a money solution that works for you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

#### Notes

---

---

---

---

---

---

---

---

---

---

#### Dates to Remember

Men's Health Month  
 Diwali 12



011 326 0060 (Head Office)  
 coach@interfaceinc.co.za  
 www.interfaceinc.co.za



# HAPPY MOMENTS

## DECEMBER

"If you want to be happy, don't dwell on the past, or worry about the future - focus on living in the present" - Unknown

### MONEY CHALLENGE

Are you happy with your financial achievements in 2023? What held you back from realising your full potential and what pushed you forward towards reaching your financial goals? Did you reach out for financial coaching this year?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

#### Notes

---

---

---

---

---

---

---

---

---

---

#### Dates to Remember

- Chanukah **07 - 15**
- Day of Reconciliation **16**
- Christmas Day **25**
- Day of Goodwill **26**
- New Year's Eve **31**



011 326 0060 (Head Office)  
 coach@interfaceinc.co.za  
 www.interfaceinc.co.za