

DAY BEFORE IT STARTS:

Welcome to the Financial Challenge! I have held numerous fitness and clean eating challenges that have been very successful. I have watched hundreds of people begin transformations that last a lifetime. Now, I've decided to run a whole new kind of challenge. I have been able to rid myself of debt by following these simple steps to financial freedom by using teachings and tips from millionaires Dani Johnson, Dave Ramsey and even Robert Kiyosaki. If you apply these techniques to your life...your finances will be transforming in no time!

WHY? Because the number one stress in people's lives right now is finances and what does STRESS cause? Poor health. I want you to afford to live the healthy lives YOU deserve! Stress free, fit as a fiddle, having fun & debt free!

I am here for you along your journey. If you have any questions feel free to message me or comment and I will do my best to get back to you in a timely matter. Good Luck!

****DAY 1****

Today is the big day. I am sure you are anxious to get started, well so am I! Throughout this group you may want to DEFEND your habits and you may want to give reasoning WHY you're doing what you're doing. I am here to point out ways that you can better your lives. I am giving you stories that have happened to myself and others around me that can relate to you. These tips have changed the lives of thousands of people. It is up to you if you take this advice or not, but those who decide to make the change, will be preparing themselves and their family for a healthier future and financial freedom.

EGO CHECK!

The first thing I'd like to discuss is your EGO. We all have one. It's that voice inside our head that says we have to keep up with the Jones's! So what do we do? We try to match everyone else's spending habits to make it LOOK like we make more than we really do. Hence the reason for Total Financial DESTRUCTION!

This Ego creates the "pay check to pay check" syndrome. I hear people say that they can't afford something because they live "pay check to pay check". NO YOU DON'T! You SPEND "Pay check to Pay check" and if you are ready to really take a look at what your habits are together we will find the FAT in your budget.

When I attended: Dani Johnson's First Steps To Success

Dani Johnson talked first about getting rid of ego and weighing our ego with our bank account. What does this mean? In a nut shell it's living outside your means. Living with more than you can afford. You can make \$50,000 a year and be financially stable and you can make \$200,000 a year and be broke or vice versa depending on your ego!

This was very shocking to me. How many business seminars can take the lid off and expose pride in a person's heart like that? I realized that my ego is big and there are a lot of different things I need to change in my life. I am incredibly arrogant in a lot of ways I need to pursue humility a whole lot more. I desire to love my family, kids, and friends much better, and I am confident that Dani's teachings were important in all aspects of my life.

Financial Task #1: How about you? Where do you have ego areas to take off and throw out the door? Do you find yourself associating your happiness with the items you possess? What about comparing yourself to others? Do you tend to run out of money before you get paid again? Answer below

Financial Task #2: Print your bank statement from last month and highlight all the times you spent money on lunch. I did this and saw that in one month I spent \$260 on myself for lunch! That is absolutely crazy!

Now I have started making my own lunch each day and am saving myself that money I was spending before!

How much did you spend on going out to lunch last month (or breakfast or dinner)?

To get the maximum benefit of this group, make sure you are participating! It is only 15 days. If you miss more than two days in a row, you will be kicked out.

****DAY 2****

Here is your second task! Remember, this is a financial group. Actually take advantage of the task and the information I am giving you. Don't just comment "Done" when you complete the task, but open your eyes to your habits. We are here to grow and learn. So let's do it! Set yourself up for success!

We have already learned a lot about our habits in just one day. Don't let these tasks just be completed, but allow yourself to change what you are doing.

Financial Tips:

Have you ever seen an item in the Sunday Ads and just HAD TO HAVE IT. So you went to the store that day or during the week and spend a good amount of money on it. Then months go by and you don't even use it?? Unless this is an item that you have NEEDED for a long time and it suddenly goes on sale for a great price, don't fall into this trap!

Tips:

Master the 30-day rule.

Whenever you're considering making an unnecessary purchase, wait 30 days and then ask yourself if you still want that item. Quite often, you'll find that the urge to buy has passed and you'll have saved yourself some money by simply waiting. If you want, you can even keep a "30 day list" where you write down the item and the day you'll reconsider it, but I prefer just to keep this one in my head – that way, I often just forget about the unimportant things.

When it comes to the grocery store,

Master the 10 second rule.

Whenever you pick up an item in order to add it to your cart or to take it to the checkout, stop for 10 seconds and ask yourself why you're buying it and whether you actually need it or not. If you can't find a good answer, put the item back. This keeps me from making impulse buys on a regular basis.

Some items that you DON'T need: Donut Sticks, Soda, Candy, Ice Cream, Pre-made sandwiches, Chips, Frozen Dinners.

HINT: Pre planning your meals helps a lot with this

Financial Task: Are there any items that the 30 day rule could have saved you from purchasing? What should YOU be using the 10 second rule on when in the grocery store?

Comment: "Rocked it" and answer the questions when you complete the full task of the day.

****DAY 3****

Financial Task: Today's task may be a bit time consuming but will be worth your time in gold This is something I learned from Dave Ramsey. I want you to make a list of all the bills you pay monthly. Take

each of these bills in separate envelopes and create one bill per envelope. Now I want you to divide your money between each of these envelopes per how much your monthly payment is. You will obviously need cash for this task and may need to wait until pay day and that is ok just post below that you at least created the envelopes and will do the separating when you get paid. Make sure to include an envelope for groceries, and gas, and emergency fund (should be \$1000).

http://youtu.be/XwO_7OyowM8 Dave Ramsey's envelope system

Hint: You should only spend \$25 per week per person in your household in groceries! We will explain this in a future post more in depth.

How much money do you have left over before any frivolous spending? Post the amount below.

****DAY 4****

Today I want to talk about excuses. Every day I talk to people and we allow these negative thoughts to come into our mind and cause a detour from our goals. You know when you are driving down the road, you've got somewhere to be in a hurry, and then all of a sudden there is a ton of traffic. You start to get even more frustrated because YOU are in a HURRY and people won't get OUT OF THE WAY! Then you get to what is slowing everybody down and it's a freaking DETOUR that is now taking you all over the place. It seems like you are never going to get where you want to be. Well...our brains do this ALL THE TIME. I call them EXCUSES!! An excuse is your detour to your successful path in anything we do.

****Do your task and post below some EXCUSES you have used, in that past or even recently, that has detoured you from reaching your goals?****

My excuse has been that I don't have enough time! Seriously, what is really happening is I get caught up in pointless activities like browsing through Facebook. After spending too much time, I realize that I was actually going to do something that I needed to do, but forgot. This has been doing two things to hinder my goals, 1) wasting time and 2) preventing me from actually accomplishing my tasks quickly! I WILL MANAGE MY TIME BETTER FROM THIS POINT FORWARD!

Did you complete yesterday's financial task? If not take today to complete this. Post below how much money you found was left outside the envelopes after you paid your bills. If there was nothing left over or you're upside down, don't worry, Dave Ramsey has a plan for you also.

Financial Tip:

Get rid of unread magazine subscriptions. Do you have a pile of unread magazines sitting around your house? Likely, it's the result of a subscription that you're not reading. Not only should you not renew that magazine, you should give their subscription department a call and try to cancel for a refund – sometimes, they'll give you the prorated amount back. I've had to cancel my subscriptions in the past, but I've never regretted it.

****DAY 5****

Financial Tip: Look at your bills and figure out how you can lower them. For example If you are paying for the most expensive cable bill lower it to the least expensive plan or get rid of it completely. Most people only surf the channels anyway. How about things like Net Flicks, or a tanning membership, how about spending less at the grocery store. I mentioned earlier that we would go further into this. This is a huge issue with shoppers today. We want options and we typically already have them in our fridge and pantry.

For example: How much money do you spend on groceries every month. I used to spend nearly \$800 on food for my family of 5 when it should have only cost me \$400. YES that's \$100 a week at the grocery store for a family of 5! Every Sunday you should be planning out your meals and NOT deviating from that plan. How many of you can open your pantry and find how many options for breakfast: English muffins, bagels, bread for toast, 5 different cereals, oatmeal, malt o meal, pancake mix.... Oh and then you open your fridge: Milk, eggs, sausage, bacon, chorizo, 4 types of cheese, "EGO" waffles (haha sorry for the pun),! WHY?! You can most likely do this with every meal, BUT if you do it right at the beginning of every week you should have a FULL fridge and at the end of the week there should be NOTHING LEFT! That's right...nothing! Does that mean you actually ate what you bought, YES! So make a plan and stick with it. It's time for you to OBEY these financial rules.

<http://youtu.be/FpQ5bC1G5B8> Dani Johnson Goes shopping

DAY 6

What we have been working on the last week is finding the Fat in your budget? What does this mean?

Take a look at where you're spending your money before the month has even started and ask yourself these questions.

- Is this item essential?
- Does it make me happy?
- Would something cheaper make me just as happy?
- Is this the best use of my money?
- Does this expense bring me closer to my financial goals?
- Does this expense keep me from achieving any of my financial goals?

If you answer these questions honestly, your fat should be fairly easy to spot.

Let me tell you what FAT is! It's foolish spending in foolish areas. It's spending money on things that are not necessary. It's spending money on luxuries like expensive coffee. You may call it a necessity but 20 years ago, it wasn't even in existence. Ten years ago, we didn't have a coffeehouse on every corner. Now, all of a sudden, you're addicted to the tune of \$100 to \$200 a month! We need to know the difference between Necessity and Luxury. This will help you find the FAT in your budget!

Below is a sample list of Necessities and Luxuries:

Necessity: Housing, Food, Utilities, Phone, Transportation, Insurance.

Luxury: Multiple cars, Entertainment, Starbucks, Storage Units, Shopping, Internet, Fitness Centers, Computers, Cable/TiVo, Eating out, Gift Giving, Magazines, Mail-Order Catalogs, Books**(*Leisure or recreational books that don't increase your knowledge or skill!**), Unaffordable Housing.

10 ways to Find Fat in your budget:http://www.napsnet.com/pdf_archive/40/50324.pdf

Post below how much FAT you found in your budget? We have been working on this since day one so by now this should be fairly easy to do

It makes me proud to be able to coach each and every one of you. Watching your progress SO FAR has been absolutely amazing. This journey is simply a stepping stone toward financial success! Results yet or

not, you have pushed hard, followed instructions and have the belief in me to get you where you need to go. So for that I want to say Thank YOU. Some of you have opened up your hearts and shared some amazing life stories and struggles. I'd love nothing more than the opportunity to continue our journey's and help you reach your ultimate goals and DREAMS!

****DAY 7****

Today is also the day to prep your food for the week. If you consistently plan your week of meals every Sunday, do your shopping and BE PREPARED, it's less likely that you will slip up!

Financial Tip: Take a look at all the credit cards you have and the high interest rates...now look into getting a 0% interest credit card and combining all the credit cards onto one card, if you can't combine them then do separate ones. Once you have done this cancel and cut up the old cards...you will NEVER use them again. Stop thinking "I need that emergency card!" Why? You don't need it. Here's the deal. I just did this and separately my payment was \$225 where the majority of the money was going to interest. Now my payment is \$130 but guess what? I had budgeted already \$225 so am I going to pay \$130? NO! Matter of fact I found some FAT in my budget so I am actually going to be paying \$400 and will have it paid off in no time flat:). AND, nothing will be going to interest!

Now, if you can't do that there's still hope. But I want you to start there. If one turns you down for 0% find another. More to come!

Check out this website for finding 0% cards: Comparecards.com

HINT: If you have other high interest bills like personal loans etc... you can also transfer these as well.

****DAY 8****

Financial Tip/Task: Make sure you start every month with your money spent on paper! Every penny should be spent on paper at the beginning of every month so you know where it's going. Then you divide it into what? Answer: the envelopes/categories. Are you getting where I'm going with this?

Fill this form out at the beginning of every month:http://a248.e.akamai.net/f/1611/26335/9h/dramsey.download.akamai.com/23572/daveramsey.com/media/pdf/forms/fpu_monthly_cash_flow_plan_forms.pdf

****DAY 9****

Financial Task: What is your total debt to be paid off "including" cars and house?

If you are uncomfortable posting it here, simply write it down and post it somewhere that you will see daily. It is important that you know what your debt is and keep track of it until it drops to ZERO!

****DAY 10****

Financial Task: Now it's time to knock out that debt! List your debts in order, from the smallest balance to the largest. Don't be concerned with interest rates, unless two debts have a similar payoff balance.

In that case, list the one with the higher interest rate first. As you start eliminating debts, you'll start to build some serious momentum. These quick wins will keep you motivated, so you'll be able to stay on track.

The idea of the snowball is simple: pay minimum payments on all of your debts except for the smallest one. Then, attack that one with gazelle intensity! Every extra dollar you can get your hands (Remember all that FAT you found in your spending) on should be thrown at that smallest debt until it is gone. Then, you attack the second one.

Every time you pay a debt off, you add its old minimum payment to your next debt payments. So, as the snowball rolls over, it picks up more snow. Get it?

Redo this sheet every time you pay off a debt so that you can see how close you're getting to total debt freedom. Keep the old sheets for encouragement—or to wallpaper the bathroom in your debt-free house someday!

The "New Payment" is the total of the previous debt's payment PLUS the current debt's minimum. As these payments compound, you'll start making huge payments as you work down the list.

Debt snowballing form: http://www.daveramsey.com/media/pdf/forms/debt_snowball_military.pdf

**What's your lowest bill (CC, Student Loans, personal loans, house, old debt) you are going to start paying off?*

Mine is \$2,100

Post yours below!

****DAY 11****

Please open up with me and really dig into this challenge. I am really working hard for you guys because I believe in each of you and want you to succeed at EVERYTHING.

Financial Tip #1: Are you OBEYing your own financial rules? Throughout this process we have gone over a lot of financial rules and tips. Have you been utilizing these rules and which do you feel is helping you the most?

Think about this for a second, you can set as many rules as you like however they aren't worth it if you aren't following them. Do you teach your kids to OBEY your rules? It's time for you to OBEY them yourself .

Financial Tip #2: There are two types of spending there is wise spending and foolish spending. Wise spending is spending money on something that puts money into your pocket i.e.: a business, real estate, stock, etc.

Foolish spending is buying something that takes money out of your pocket i.e.: Starbucks, new cell phone when the old one was fine, new car, clothes, etc.

Wise spending is investing into something that will give you a return.

- Paying off your credit cards. There is an 18.9% return guaranteed.

- Living BELOW your means.
- Going to the grocery store once a week and only purchasing what you will eat for the week, saves on gas, time and unnecessary purchases.
- A training seminar can help increase your skill and give you a return. (Not all trainings are created equal, nor do they give the same results.)

Foolish spending is investing in something that will not give you a return.

- A new outfit.
- The twelfth pair of black shoes.
- The wasted money on food.
- Watching TV. (It costs you money and time.)

Wise Spending: Will give you a return!

Foolish Spending: Won't give you a return!

Financial Task: Give us an example of some things you have spent money on lately that has been wise and foolish?

****DAY 12****

Fitness Tip: Workout videos are a great, inexpensive way to stay fit in the comfort of your own home.

Financial: I've asked you this before a few days ago but now I have taught you some more tools. How much fat were you able to find in your budget that can now be applied to the debt snowballing on your minimum balance? How long will it take for your first bill to be wiped away?

****DAY 13****

Financial Tip: As you take your financial journey one thing to remember is to not increase your expenses every time you get a bonus or raise! Instead apply this money to your debt until you are debt free. This is the MOST important rule to obey.

Take some time and answer the following questions:

- 1) When you first entered the workforce (your very first job), how much money were you making?
- 2) Are you making more money today than you did when you first started in the workforce?
- 3) Are you making more BUT further in debt than when you first started in the workforce?

Question: What does that show me?

Answer: It shows me you have a financial plan, if you answered Yes to the above questions..

- It also shows me that you have a financial plan that is failing.
- It shows me that the more you make the further in DEBT you go.

Which leads into these questions:

Take some time and answer the following questions:

- 1) Have you received a raise on a job before?
- 2) Do you know where the extra money from that raise went?
- 3) Have you received a bonus on your job before? Where did it go?

4) Did you go out and buy yourself something with the money?

5) Have you ever paid off a credit card before? Where did the payment go that you had been making?

NOTE: Some of you spent your bonus on a vacation or clothes and luxury items. But if you take your bonus and invest it into yourself, you are now in a position to create wealth

Do you have any questions so far that I can possibly help you with or any areas you are struggling with OR you would like more clarification on?

****DAY 14****

Financial: Seed Analogy

Your monthly income is your Seed.

What we have been taught to do is eat all of our Seed. If a farmer plants Seed and eats it or sells it all, how much does he have to grow next year? Nothing! He will not make any money next year because he ate all the seed or he sold it to someone else who ate all the Seed. So therefore, he will not have a way to grow more in the future. The point of the harvest, which is what you make monthly, is to make it reproduce itself. All Seed comes with the ability to reproduce itself again and again and again.

Let's take for example an apple. What's in an apple? Seeds! Would you say that there are a few seeds in an apple? Well, you're wrong! There are thousands upon thousands upon thousands of seeds and there are thousands upon thousands upon thousands of apples. Most of you are just looking at five seeds in an apple. That is wrong thinking. Each seed has the potential to grow a whole other tree that produces hundreds and hundreds of apples. These apples also have seeds inside that also have the potential to grow another tree that produces hundreds.

So that Seed, your monthly income, is supposed to grow and reproduce.

****DAY 15****

Today is the last day of our challenge!!! CONGRATULATIONS!!!! I am so proud of each of you that plugged in and applied these tips and techniques.

So I want to hear from you, what did you like about the group? What did you dislike? I am looking to improve this for future challengers to really help keep them engaged and flourish!

Financial:

Have you ever thought about starting a home based business?

Home Based business: Low startup cost, No employee's, Can work from anywhere, earning potential is high (could be a million dollar business), Loss of business-only if you quit. See there is NO failing at a home based business the ONLY way you fail is if you quit. So the difference is YOU!!

Traditional business: High cost, Have to manage employees, Must spend time on location, earning potential is high (could be a million dollar business), loss of business is high.

Owning a home based business can be extremely beneficial on several levels. Get out of debt, take trips, help less fortunate people and work on your schedule.

If you want to learn a better way to get out of debt message me about my 30 day home based business boot camp. Where I will teach you the way to be successful and start earning an income. I only work with people who are serious about making a life change. Is that you?

Here is Dani's take on Owning your own business. This is a great Read
<http://www.danijohnson.com/2013/how-to-build-a-business-out-of-nothing/>