

12 Steps to Financial Freedom

Level III—Get Ahead

WEEK 8—STEP 8 **Minimize The Stress**

12 Steps to Financial Freedom

Step 8: Minimize the Stress

The goal of dfree® living is to maximize your mastery over your finances while simultaneously minimizing stress related to money matters. We've discovered that this is best achieved by:

- Buying Insurance—Drop a “DIME” on yourself.
- Planning Wills/Estates—Avoiding probate at all cost.

Discussion Points:

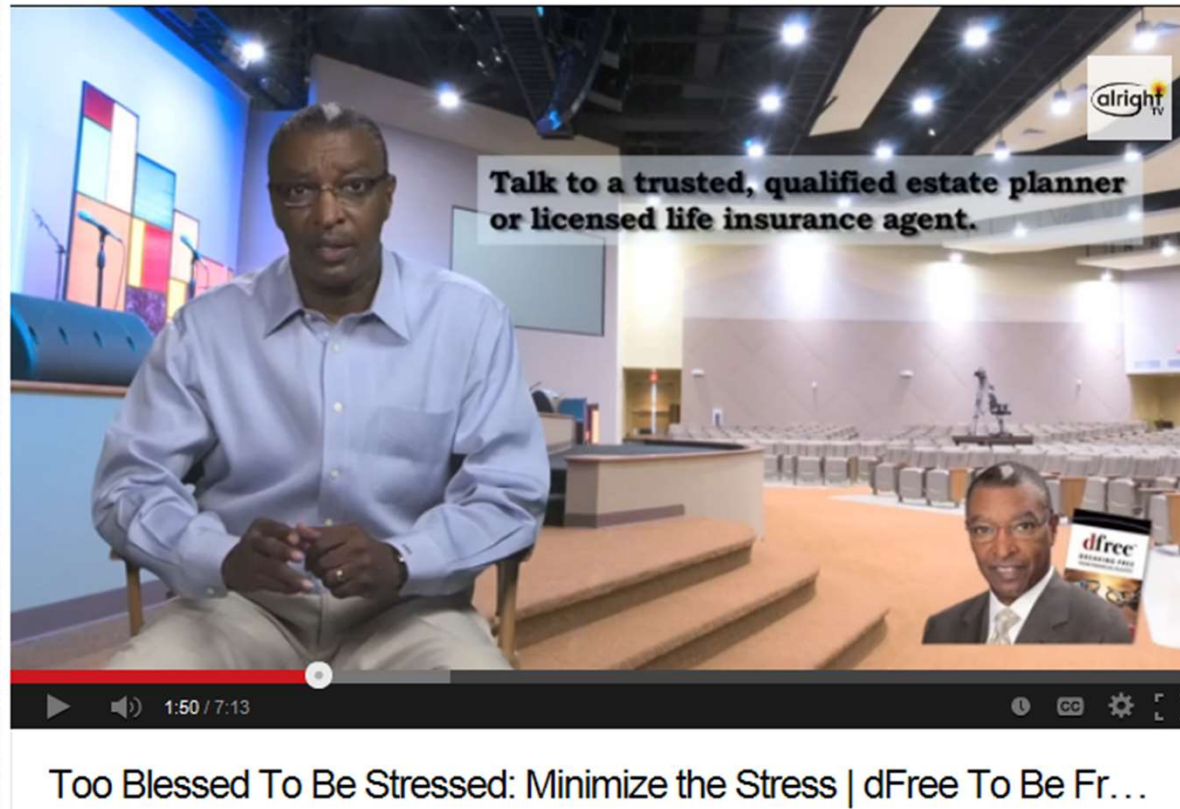
Begin with the End/Page 127—When we can no longer care for ourselves or those who count on us.

Defining Your Retirement/Page 128—80% of your current income.

Will Power/Page 131—Ensuring a legacy of financial stability.

12 Steps to Financial Freedom

AlRight TV: “dfree® to be Free”



MINIMIZE THE STRESS Episode 8

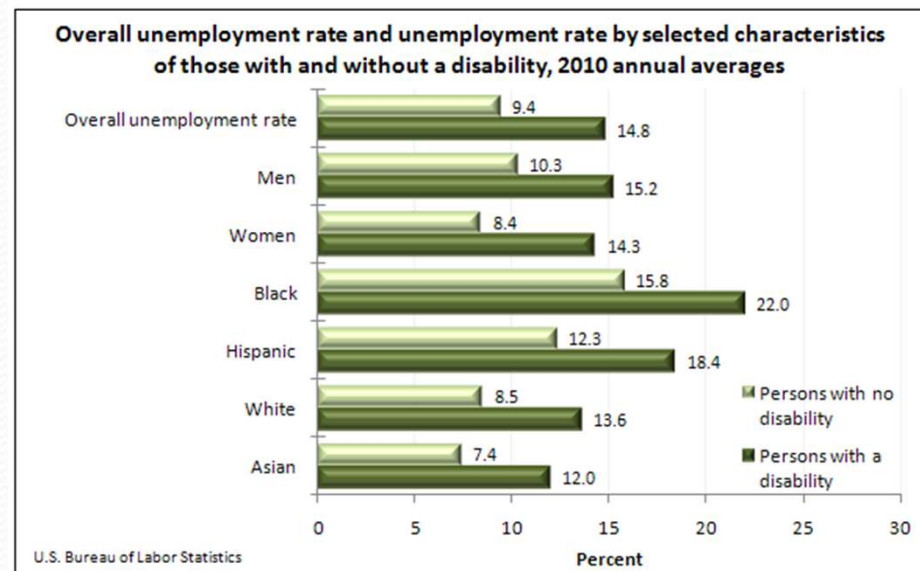
Source: http://www.youtube.com/watch?v=6sDr_clIB2o

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Statistically Speaking:

Smartmoney magazine reports that: "1/3 of all Americans between the ages 35 and 65 will become disabled for more than 90 days. Individuals with a disability were more likely to be unemployed or become unemployed as a result of their disability; than those with no disability.

- Medical problems contribute to roughly half of all U.S. personal bankruptcies and home foreclosures each year (The American Journal of Medicine, Journal of Law-Medicine, August 8, 2008).
- Two out of ten people will experience a disability lasting one year or more during their professional careers. The chance of someone having a one-year disability before age 65 is nearly three times as likely as dying by that age



Source: http://www.bls.gov/opub/ted/2011/ted_20110628.htm

Nothing exempts us from needing to **be prepared for the sudden tragedies** and extenuating circumstances of life.

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Learning Topics

- I. Life Situation
 - DJ's Story—The Road to College
- II. Uncovering the Chains
 - Preparing for suddenly
- III. Beginning to Break and Eliminate the Financial Chains
 - Knowing which types of benefits and insurance you need most
- IV. Victory Story: V.W. My business will survive!
- V. Commitments and Assignment
 - Benefits, Insurance and Disability coverage required.
 - Will and Healthcare Directives
- VI. Home Assignments
 - Read Chapter 9: Maintain the Focus

12 STEPS TO FINANCIAL FREEDOM

dfree® Lifestyle LEVEL THREE – GET AHEAD STEP EIGHT – MINIMIZE THE STRESS

Opening prayer: "Dear God, You promised to care for each of us but You instructed us to place all of our cares on You and be anxious for nothing. Thank You for Your love and care. Direct my path to care for myself better and make decisions that minimize my own anxiety. Amen."

Response: Whatever is worth having is worth protecting.

LIFE SITUATION – READ AND ANSWER THE QUESTION(S) BELOW: The Road to College

DJ knew for certain that her family had saved for her college education. The family had made changes to their spending and saving habits, so she figured they must have money saved for her to go to college. DJ was right. Her parents had saved, but the money had to be used for her brothers' college expenses and other household needs. DJ couldn't believe it! What would she do and where would she attend school? She was very upset with her parents and felt betrayed. She talked with her friends, siblings, and grandparents about her feelings and thoughts. DJ prayed and cried. Eventually, she was calm enough to think about her alternatives and started putting ideas into action. Looking for scholarships and talking with the financial office of various schools became a full-time job for her. She spoke with her high school counselor and met with the various college representatives that visited the school. Although her parents could not afford the college tour bus trip the church offered, they did take her on a few local college visits. She invited two of her friends to come along and they all had a great time. One of her friends decided to apply to a school they'd visited.

How do you respond when you cannot buy nor have something you want because the financial costs are too great or you did not adequately plan for the expenses?

II. UNCOVERING THE CHAINS

Our session today is about minimizing the stress. The goal of this session is to financially prepare for the unexpected.

Memory Verse: "A good person leaves an inheritance for their children's children, but a sinner's wealth is stored up for the righteous" (Proverbs 13:22, NIV).

Reflect and share with someone why you think Solomon said this. Are his words true in your life today and how?

12 Steps to Financial Freedom

dfree® Strategic Financial Growth Planner

SAY YES TO NO DEBT: Strategic Financial Growth Plan

Name: **Claude and Grace Smith** Date Started: **2/20/16** Debt Free Date: **2/20/19**

Personal Mission Statement:
To use our gifts and expertise to empower others to achieve Financial Freedom and retire in Florida

Financial Position: **\$30K in debt and own a home** GAP: **-\$965,000.00** Financial Goal: **\$935,000.00**

WHAT? GROWTH GOAL	HOW? ACTION STEPS	BY WHEN? SPECIFIC DATES	BY WHOM? RESPONSIBILITY	MEASUREMENT OF SUCCESS	IMPACT
Level I: GET STARTED	1. Admit the Problem Deficit—My expenses exceeds my income				
	2. Address the Mess Confused Spending—Squandering Resources				
	3. Adjust the Attitude Inventory of Expenditures—Eliminate everything that doesn't align with our long-term goals.				
Level II: GET CONTROL	4. Start the Plan Spending Plan vs. Budget—Be more proactive, intentional and aggressive about our Financial Wellness.				
	5. Steer the Power Make Power Payments—Sacrifice today's fleeting pleasures, focus on necessities to gain future security!				
	6. Set the Timer Rule of 72—Leverage financial formulas and interest rates to double savings and investments.				
Level III: GET AHEAD	7. Maximize the Margin Honor System—Get an Accountability Buddy, join an Investment Club and hire a Financial Consultant.				
	8. Minimize the Stress Planning Wills/Estate—Write my Will and purchase more insurance if I need it.				
	9. Maintain the Focus				
Level IV: GIVE BACK	10. Invest in Others				
	11. Ignite dfree® Living				
	12. Impact the Culture				

TRAINER FEEDBACK (include date)

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Next Steps:

To help you reinforce the lessons you've learned today and prepare for next week's dfree® Lifestyle Campaign session, we ask that you complete the following task prior to attending Step 9: Maintain the Focus:

- Read: **Chapter 9 Maintain the Focus** in *Say Yes to No Debt* book Pages 135—144
- Watch: Dr. Soaries: The 2nd Annual dfree® Conference.
(Source: <http://www.nbcnews.com/video/the-grio/53478449>)
- Finish: V Commitments & Assignments 1—7 in DFL workbook Pages 60-69
- Complete: VI Home Assignment in DFL workbook Page 69
- Attend: Next week's session **10/11/17 @ 7:00**