

# 12 Steps to Financial Freedom

**Purpose:** Guide you in your personal journey to Financial Freedom!

## Learning Objectives:

- Develop a better understanding of key financial concepts and practices.
- Acquire the knowledge and support needed to be healthy and mature consumers.
- Conquer the greatest barrier to stress-free living and wealth creation.
- Develop healthier and more positive values, habits, attitudes, perspectives and relationship toward managing your finances.
- Establish appropriate investments, estate planning, retirement, and day-to-day money management strategies.
- Understand how poor financial management habits negatively impacts your work productivity, morale and personal relationships.

## Opening Prayer:

*"Dear God, I am beginning a journey toward financial freedom. I pray You will give me the strength to see myself, to help myself, and to trust Your instructions. Thank You for what is about to happen in my life. Amen."*

# PRE-ASSESSMENT:

**Success Measures®** is a specialized outcome evaluation resource organization for the community development field and philanthropy, based at NeighborWorks® America.

It ensures independent tracking, documenting and reporting on **Learning Outcomes, Measures Impact, and Inform Change** in communities.



**When instructed, please complete the dfree® Pre-Assessment.**



Directions: Fill in the box that best describes your response to the statements below.

Church Affiliation, city and state \_\_\_\_\_

1. I am aware of things or areas in my life that keep me financially strangled and financially indebted.

AGREE <input type="radio"/>	DISAGREE <input type="radio"/>	THIS DOES NOT APPLY TO ME <input type="radio"/>
--------------------------------	-----------------------------------	--

2. I will have to change the way I think about money if I am going to change how I handle my financial matters.

AGREE <input type="radio"/>	DISAGREE <input type="radio"/>	THIS DOES NOT APPLY TO ME <input type="radio"/>
--------------------------------	-----------------------------------	--

3. I have often spent money in attempt to compensate for something missing in my life.

AGREE <input type="radio"/>	DISAGREE <input type="radio"/>	THIS DOES NOT APPLY TO ME <input type="radio"/>
--------------------------------	-----------------------------------	--

4. I understand what my credit score is and have recently (within the last 3 months) obtained my credit report.

AGREE <input type="radio"/>	DISAGREE <input type="radio"/>	THIS DOES NOT APPLY TO ME <input type="radio"/>
--------------------------------	-----------------------------------	--

5. It is challenging when deciding to make purchases between things I need and things I want.

AGREE <input type="radio"/>	DISAGREE <input type="radio"/>	THIS DOES NOT APPLY TO ME <input type="radio"/>
--------------------------------	-----------------------------------	--

6. Currently, I have more than 5 credit cards.

AGREE <input type="radio"/>	DISAGREE <input type="radio"/>	THIS DOES NOT APPLY TO ME <input type="radio"/>
--------------------------------	-----------------------------------	--

7. I have had financial difficulties that are directly related to my impatience.

AGREE <input type="radio"/>	DISAGREE <input type="radio"/>	THIS DOES NOT APPLY TO ME <input type="radio"/>
--------------------------------	-----------------------------------	--

Link: <http://www.successmeasures.org/>

## Key Financial Concept:

*Financial Freedom Increasing the spiritual, political, social, and economic strength of individuals or communities, which results in the newly “Economically Empowered” developing confidence in their own capacities to ensure and sustain a higher standard of living for themselves and future generations.*

# 12 Steps to Financial Freedom

Why is achieving Financial Freedom important?



God's Economy vs. World's Economy!

# 12 Steps to Financial Freedom

## dfree® Strategic Financial Growth Planner

SAY YES TO NO DEBT: Strategic Financial Growth Plan

Name: **Claude & 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? <i>GROWTH GOAL</i>	HOW? <i>ACTION STEPS</i>	BY WHEN? <i>SPECIFIC DATES</i>	BY WHOM? <i>RESPONSIBILITY</i>	MEASUREMENT OF SUCCESS	IMPACT
Level I: <b>GET STARTED</b>	1. Admit the Problem				
	2. Address the Mess				
	3. Adjust the Attitude				
Level II: <b>GET CONTROL</b>	4. Start the Plan				
	5. Steer the Power				
	6. Set the Timer				
Level III: <b>GET AHEAD</b>	7. Maximize the Margin				
	8. Minimize the Stress				
	9. Maintain the Focus				
Level IV: <b>GIVE BACK</b>	10. Invest in Others				
	11. Ignite dfree® Living				
	12. Impact the Culture				

TRAINER FEEDBACK (include date)

# 12 Steps to Financial Freedom

## Agenda

- Program Overview
- Key Principles of dfree<sup>®</sup> Living:
  - **Level I—Get Started**
  - Level II—Get Control
  - Level III—Get Ahead
  - Level IV—Give Back
- Reinforcement: Billion Dollar Challenge Website
- Commitment, Recognition & Sustainability

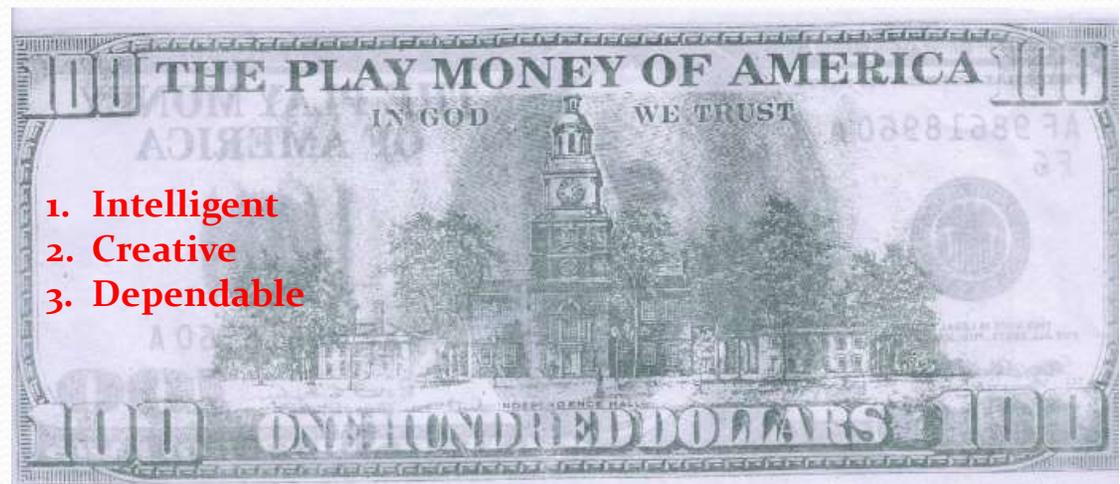
# 12 Steps to Financial Freedom

## Level I: Pre-Work

- Complete: Participant Readiness Checklist
- Read: Level I—Get Started in *Say Yes To No Debt*
- Watch: **dfree<sup>®</sup>: A Financial Freedom Movement Documentary**
  - <https://youtu.be/f4nE7KWaqAU>
- Register: Billion Dollar Challenge Website
  - <http://www.billiondollarpaydown.com/>
- Sign and return: Commitment Statement

# 12 Steps to Financial Freedom

## Ice Breaker: In God We Trust—or do we?



1. Intelligent
2. Creative
3. Dependable

# 12 Steps to Financial Freedom

## Level I—Get Started

### WEEK 1—STEP 1

## Admit The Problem

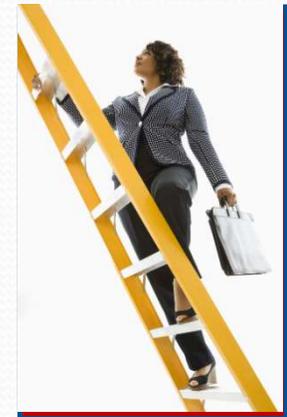
# 12 Steps to Financial Freedom

## Level I—Get Started

The goal in this first level is to introduce you to the basics of reclaiming financial responsibility as the key to achieving Economic Freedom.

### Learning Goals

- Identify and vigilantly monitor the three core components for effectively managing your personal finances.
- Develop a practical strategy for aligning your Beliefs, Values and Habits to eliminate Debt, Delinquency and Deficit in your Household Budget.
- Understand the three types of Spending Habits that pave the way to financial slavery.
- Answer the all important question: Where does my money go?



*"But when he came to himself, he said, 'How many of my father's hired servants have bread enough and to spare, and I perish with hunger!'" Luke 15: 11-32 (17)*

# 12 Steps to Financial Freedom

## Step 1: Admit the Problem

In order to restore the cornerstone of your financial strength, you must start wearing 3-D glasses:

- **Debt**—Money you owe to creditors or loan agencies.
- **Delinquency**—Habitual late payments negatively impacting Credit Score.
- **Deficit**—Expenses exceeds Income

### Group Discussion Points:

**The Cost of a Full Tank**—Your first financial snare. (Page 37-38)

**The Breaking Point**—Snowballing fines, taxes and penalties. (Page 38-41))

**Loose Change**—Discovery your way out. (Page 41-43)

# 12 Steps to Financial Freedom

## AlRight TV: “dfree® to be Free”



### ADMIT THE PROBLEM Episode 1

Source: <http://www.youtube.com/watch?v=NgIgvbeOBGo>

# 12 Steps to Financial Freedom

## Statistically Speaking:

Consumer debt enslaves millions of people in our country with debilitating chains that only seem to grow tighter each month as bills increase and income decreases.

Following are some interesting statistics on how rising debt impacts us as a society:

- Americans have \$2.4 trillion in consumer debt. This does not include mortgages. This amount equals \$7,800 for every man, woman, and child (2010 Census).
- Most U.S. adults have not reviewed their credit score (63 percent) or credit report (65 percent) in the past twelve months (National Foundation for Credit Counseling).
- More than 13 million adults report that their household carries credit card debt of \$10,000 or more from month to month, and the same number have debts in collection, are seriously considering filing for bankruptcy, or have already done so within the past three years. (Source: [www.nfcc.org](http://www.nfcc.org))

# 12 Steps to Financial Freedom

## So What?

We've come to accept, as normal, a lifestyle in which we are always behind, borrowing from our future earnings to assuage our present bill collectors to pay for a forgotten past. It has become so normal that, as of 2010, Americans have more than \$2 trillion dollars' worth of consumer debt.

**So what happens when we only pay the minimum balance on what we owe?**

Start Bal.	Debt Incurred	Interest Rate	Minimum Due Each Month (3%)	Payoff Period	Total Payment	Total Interest Paid
\$0.00	\$450.00	19.9%	\$13.50	49 Months (4yr 1 mo)	\$660	\$210 (almost half)

# 12 Steps to Financial Freedom

## Learning Topics

- I. Life Situation: **Claude & Grace**
  - From Joy to Pain
- II. Uncovering the Chains
  - Admitting financial challenges and barriers
  - Financial Strong Holds
- III. Beginning to Break and Eliminate the Financial Chains
  - Claude & Grace challenges/goals
- IV. Commitments and Assignment
  - Accounts
  - Challenges
  - Goals
- V. Home Assignments
  - Read Chapter 2 Address the Mess

### SAY YES TO NO DEBT



#### dfree® Lifestyle LEVEL ONE – GET STARTED STEP ONE – ADMIT THE PROBLEM

**Opening prayer:** "Dear God, I am beginning a journey toward financial freedom. I pray You will give me the strength to see myself, to help myself, and to trust Your instructions. Thank You for what is about to happen in my life. Amen."

**Response:** Once I communicate and admit to myself that I have a financial problem, then I am more open to finding out the reasons and solutions to the problem.

**Life Situation – READ AND COMPLETE THE STORY BELOW:** From Joy to Pain

Claude and Grace received their first credit cards in their senior year of college, respectively. Claude purchased items from food to sporting goods, and paid for gas sometimes when he needed a ride with someone or went out with his friends. He was careful only to buy things he could pay off within two months. He had a part-time job at school and his parents would send him money once a month. Grace only paid for items she could afford.

After they were married, using their credit cards became a convenient way for Claude and Grace to meet their needs and have some wants as well. Repaying student loans also weighed heavily on them. Unfortunately, their ability to pay off their debts was not as timely. Their spending habits and lack of timely payments created....

\_\_\_\_\_  
\_\_\_\_\_  
Claude and Grace were no longer living as college singles when they entered into a life of bills, debt, responsibility, and choices.

When did you begin to allow debt to influence/control you?

#### II. UNCOVERING THE CHAINS

Our session today is about barriers. The goal of this session is to admit that we have financial challenges and discovering the barriers that must be removed in order to reach our financial target.

**Memory Verse:** "The rich rule over the poor, and the borrower is slave to the lender" (Proverbs 22:7, NIV).

[www.mydfree.org](http://www.mydfree.org)

9

# 12 Steps to Financial Freedom

## dfree® Strategic Financial Growth Planner

SAY YES TO NO DEBT: Strategic Financial Growth Plan

Name: **Claude & 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? <i>GROWTH GOAL</i>	HOW? <i>ACTION STEPS</i>	BY WHEN? <i>SPECIFIC DATES</i>	BY WHOM? <i>RESPONSIBILITY</i>	MEASUREMENT OF SUCCESS	IMPACT
Level I: <b>GET STARTED</b>	1. Admit the Problem <b>Deficit—My expenses exceeds my income</b>				
	2. Address the Mess				
	3. Adjust the Attitude				
Level II: <b>GET CONTROL</b>	4. Start the Plan				
	5. Steer the Power				
	6. Set the Timer				
Level III: <b>GET AHEAD</b>	7. Maximize the Margin				
	8. Minimize the Stress				
	9. Maintain the Focus				
Level IV: <b>GIVE BACK</b>	10. Invest in Others				
	11. Ignite dfree® Living				
	12. Impact the Culture				

TRAINER FEEDBACK (include date)

# 12 Steps to Financial Freedom

## 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 2: Address the Mess:

- Read: Chapter 2 Address the Mess in *Say Yes To No Debt* book Pages 45—58
- Watch: **Why Get Started?** <http://www.youtube.com/watch?v=ACi-QG7QcUg>
- Finish: IV Commitments 1—7 in DFL workbook Pages 13-15
- Complete: VI Home Assignment in DFL workbook Page 15
- Attend: Next week's session **X/XX/XX @ X:XX in Room XX**

## Closing Prayer:

*“Thank You, God, for the victory I have experienced already. You are an awesome God and I commit this journey to you. I believe I can do this because I will depend on Your power to help me. Amen.”*