

# 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.

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How does one acquire (*demonstrate*\*) real Wealth, Control, Power and Influence?



**God's Economy vs. World's Economy!**

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## Agenda

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

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## Last Session's Assignments

- Complete: DLC Workbook Assignments 1-7
- Read: Chapter 4—Start the Plan in *Say Yes to No Debt*
- Watch: Billion Dollar Challenge Welcome video  
<http://www.youtube.com/watch?v=HKrdVkoq4ak&list=PL8388451A71288151&index=10>
- Update: Billion Dollar Challenge website
  - <http://www.mydfree.org>

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## Level II—Get Control

### WEEK 4—STEP 4 Start the Plan

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## Level II—Get Control

The goal of this second level is to actually begin the process of financial improvement.

### Learning Goals

- Create a Spending Plan to help you get better control of your resources.
- Make Power Payments to create a Snowball affect in paying down debt.
- Start Power Savings so that time works for you instead of against you.
- Establish meaningful Milestones to measure your progress and keep you on track to achieving Financial Freedom.



“For which of you, intending to build a tower, does not sit down first and count the cost, whether he has *enough* to finish *it*— lest, after he has laid the foundation, and is not able to finish, all who see *it* begin to mock him, saying, ‘This man began to build and was not able to finish’?.” -

**Luke 14:28-30**

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## Step 4: Start the Plan

In order to advance your efforts in achieving Financial Freedom you must develop a Spending Plan that will serve as your guide for knowing where to rebuild, who to enlist for help, and how long it's going to take to complete:

- **Spending Plan vs. Budget**—Proactively and aggressively mapping your route to Economic Empowerment.
- **You are not your bank balance**—You are you in spite of what you have or owe.
- **Emotional, psychological and spiritual**—Origin of meaningful change and the essence of Financial Freedom.

### Group Discussion Points:

Count the Cost/Page 76—Gaining a sense of direction.

How Firm a Foundation/Page 78—Goals, Reporting and Timeline.

Blueprint for Freedom/Page 81—Central goal defined and anchored.

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## AlRight TV: “Dfree to be Free”



### ACTION PLAN Episode 4

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

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## Statistically Speaking:

It is important to remember that you are not alone in your journey toward achieving Financial Freedom. New studies release show that the average American household:

- Spends 40% more than they earn
- 57% do not have a budget
- 61% live paycheck to paycheck

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## Learning Topics

- I. Life Situation
  - Claude & Grace: Injured in a Fire
  
- II. Uncovering the Chains
  - Create and launch a new plan for using money
  - Financial Strong Holds: My two grandmothers
  
- III. Break & Eliminate the Financial Chains
  - The return of Hurricane Sandy
  
- IV. Victory Story: Debra the proficient spender
  
- V. Commitments and Assignment(s)
  - List Short-term financial goals
  - Complete Spending Leaks worksheet
  - Transfer Income & Expenses
  - Develop a Cash Flow Strategy
  - Gather Support and Accountability Buddies
  - Attend next dfree® session
  
- VI. Home Assignments
  - Read Chapter 5 Steer the Power

### 12 STEPS TO FINANCIAL FREEDOM

#### dfree® Lifestyle LEVEL TWO – GET CONTROL STEP FOUR – START THE PLAN

**Opening prayer:** "Dear God, I believe You can provide all my needs. I now need You to enable me to take control of my financial affairs and begin living the way You want me to live. Amen."

**Response:** I will never arrive at my destination if I never begin my journey. "A journey of a thousand miles begins with one step."

**LIFE SITUATION – READ AND ANSWER THE QUESTION(S) BELOW:** Claude's Story – Injured in a Fire

Prayer is very important and our actions are too! As Christians, we should always make the time to pray and give thanks to God. But, Christians have moments in our lives when prayer doesn't seem to be working. We are so paralyzed or distraught by our emotions and our situation that we will not do anything. We get stuck.

It was a beautiful, sky-blue kind of day. The sun was showing off its brilliant, bright yellow and the clouds were lightly scattered across the soft blue. How could such a calm and serene day become so violent? Over the last few weeks, the weather forecasters were predicting a major storm, like Sandy, but no one believed them because it had not happened. Although nature was regal and crowned in glory, Claude was feeling cold and dejected. Three days ago, the storm did hit. Claude was at work when the storm came quickly and voraciously. As the storm raged, people ran for cover. For 20 minutes the storm raged and then another catastrophe began on the hills of the storm. As people tried to move and run out of the buildings, a fire was now raging throughout the business complex.

The fire occurred because a gas line had erupted from one of the nearby buildings. Claude was one of the people injured. He had gone back inside the building to rescue others. He found three people who were either unconscious or coughing profusely because of the smoke. Claude was able to take them out of the building. As he turned to try one more time, Claude collapsed and woke up in Community Hospital. The doctors said he would recover and probably needed to stay in the hospital at least another week, then recuperate at home for about another month or two. Although he had medical insurance, he had opted not to take short-term or long-term disability because of the extra costs. As he gathered his thoughts, he could only ask, "Lord, what am I going to do?" If his wife's hours had not been cut for the next six months, he would not feel so overwhelmed. The credit card debt, family expenses, house repairs, and so much more were draining and weighing on him.

In addition to prayer, what suggestions or advice can you give Claude? By the way, they've already spent half of their emergency savings because of an emergency last month, and their savings have dwindled to \$1,000 because of a bad investment.

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## 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? <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 <b>Confused Spending—Squandering Resources</b>				
	3. Adjust the Attitude <b>Inventory of Expenditures—Eliminate everything that doesn't align with our long-term goals.</b>				
Level II: <b>GET CONTROL</b>	4. Start the Plan <b>Spending Plan vs. Budget—Be more proactive, intentional and aggressive about our Financial Wellness.</b>				
	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)

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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 5: Steer the Power:

- Read: Chapter 5 Steer the Power in *Say Yes To No Debt* book Pages 87—98
- Watch: **Dr. Soaries interview: A Christian Model for Getting out of Debt**  
(Source: <http://www.youtube.com/watch?v=OCOhbFn5umo&list=PL421FA35FF182344A> )
- Finish: V Commitments & Assignments 1—7 in DFL workbook Pages 34-38
- Complete: VI Home Assignment in DFL workbook Page 38
- Attend: Next week's session **X/XX/XX @ X:XX in Room XX**