



Action Steps

Chapter 1: Mindset and Values

Action Step

Write your top 5 highest rated values below. What are your highest rated values? Did you rate family highest? Health? Faith? Personal growth? What made the top five? Are you currently living your life to your highest rated values? How do your spending habits align with your values? In this exercise, many people find their spending is out of alignment with their values. If that is the case for you, then some changes are in your future to align your values with your spending.

Highest Life Values

Highest Value #1	
Highest Value #2	
Highest Value #3	
Highest Value #4	
Highest Value #5	

Chapter 2: It's Not About Deprivation: Frugality and Value-Based Spending

Action Step

Name one spending habit that does not align with your values and take the steps to change the habit.

Chapter 3: Don't Compare Yourself to the Joneses, Because the Joneses Might Be Broke

Action Step

Identify one person you compare yourself to and stop comparing yourself to that person today.

Chapter 4: Getting Out of the Paycheck to Paycheck Trap: Automating Your Savings and Paying Yourself First

Action Step

Open an online savings account and automatically have money withdrawn monthly. You can withdraw directly from your paycheck or from your checking account. Create sub-accounts for the things you value, for example: emergency fund, fun money, or vacations.

Chapter 5: Reallocating Money to Create Long-Term Wealth

Action Steps

1. Develop one way to reallocate at least \$100 into an investment. Take that action now.
2. Think of one way to increase your income.

Chapter 6: Automating Separate Accounts and Avoiding Lifestyle Creep

Action Steps

1. Automate your savings. Set up accounts at the start of each month so that your money is automatically transferred to an investment account.
2. As soon as you get your next pay increase, have that money automatically transferred monthly to an investment account.

Chapter 7: Bad Debt, and How to Get Out of It

Action Steps

1. Fill out the debt chart.
2. Write down the debts you can simply sell off to eliminate. Sell those items within one month, starting with the most expensive items. This simple step alone may eliminate a great portion of your debt.
3. Refinance and/or renegotiate interest rates.
4. Pick a debt payoff strategy and stick with it until all bad debt is paid off.

Debt Type	Interest Rate	Balance	Minimum Monthly Payments
Emergency Fund	2% positive interest	N/A	\$100
Investments	10% positive interest (average return)	N/A	\$50
Total			

Chapter 8: Credit Cards: To Use or Not to Use

Action Steps

1. Determine whether or not you want to use a credit card.
2. If you are in credit card debt, make sure the payments are included in your debt payoff plan from Chapter 7.

Chapter 9: “Good Debt,” and Leveraging Debt

Action Step

Write down all your good debt. Decide if you want to keep it or pay it off.

Chapter 10: The Silent Killers: Financing Luxury Items and Spending Money While at Work

Action Steps

1. Eliminate at least one unnecessary expense at work.
2. If you are currently financing a luxury item and feel stressed about the payments, consider selling it.

Chapter 11: Cars: The Shocking Cost and the Myth of Car Loans

Action Steps

1. Find at least two ways you can reduce car costs. Implement those steps immediately.
2. Take five minutes to just think about the possibility of having one car or no cars.

Chapter 12: Intentional Shopping

Action Step

Write down one item at the grocery store you can consistently get for a lower price.

Chapter 13: Tracking Your Money

Action Step

Track your money for one month. Use the system below, create your own, or use an app like Mint. Note: once you start, you'll probably want to continue doing this every month.

Item	Date Purchased	Cost	Necessity?	If not a necessity, value number (1-10)

Chapter 14: Money as a Partner, and Saving to Invest

Action Step

Set it up so that you automatically contribute 10 percent or more of your income every month to an investment account.

Chapter 15: Kids and Money

Action Steps

1. What are the top three things you value with your kids? For example, spending time together, education, or sports. Focus your financial efforts in these areas.
2. What is one area you are spending money on that you and your children don't value. For example, extra toys, music lessons your child hates, or takeout food. Eliminate that item and put the money toward something you value instead.

Chapter 16: Your Most Important Money Partner: Your Significant Other

Action Step

If you are in a long-term relationship, think of one step you can personally take that will help you work more cooperatively with your significant other regarding money. If you are single, think of one step you can take to improve your financial situation.

Chapter 17: Goal Setting

Action Step

Write down your short-, medium-, and long-term goals and place them in a prominent place where you can see them every day.

Short Term Financial Goal	First Action Step	Second Action Step

Medium-Range Financial Goal	First Action Step	Second Action Step

Long-Term Financial Goal	First Action Step	Second Action Step

Chapter 18: Increasing Your Money Knowledge

Action Steps

1. In the next four days, listen to at least one podcast pertaining to personal finance. There are some recommendations of great podcasts in Appendix B.
2. Read at least one personal finance book in the next two months, in addition to this one. See Appendix A for book recommendations.

Chapter 19: Spending Money to Save Money: Hiring Professionals

Action Step

Pick one high-leverage area of your life where it would be save you time and money to hire a professional rather than do it yourself. Hire that professional the next time you need their services—and make sure to ask friends and associates for recommendations before hiring them.

Chapter 20: Highest and Best Use of Time

Action Step

Identify your highest and best use of time and live accordingly.

Chapter 21: Financial Independence

Action Step

Take a minute to write down how you would live your life differently if you no longer had to work for money.