



LIFE BY DESIGN NOT BY DEFAULT

FINANCES

A JOURNEY TO
WHAT IS NEXT!

BY CAROLINA BLANCO




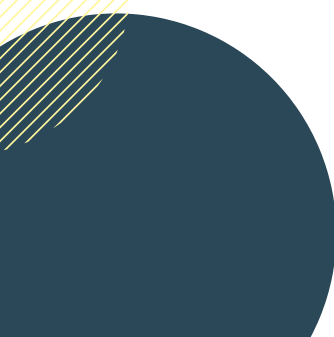
STUCK IN A RUT?

Now that you are ready to move on to the next stage, I will show you how to use your finances to achieve financial freedom.

How often do you dream of financial freedom? This is not about making more money, it's about changing your spending habits.

Did you score yourself below 7 when you filled out your wheel of life during week 01? If you did and I asked you why I bet you would say to make more money, right!?

We all would like to make more money, work less and live by the sea and travel the world...but having more money doesn't mean financial success.



STUCK IN A RUT?

The first step is to learn how to use your money. Most people who live payday to payday do so because they don't know how to manage their cash. Their salary starts to burn a hole in their pockets the minute they get paid.

Save money is boring, I completely get it, and If this sounds like you, then don't be too hard on yourself. We all been there, done that!

How we are raised has a big impact on our attitude towards money as adults. In most cases, we inherit the money habits of our parents. If our parents are savers, then we are more likely to be savers, If your parents lived payment to payment, then you need to unlearn what they taught you about money.

Let me explain to you a bit more in detail...

3 STEPS TO FINANCIAL FREEDOM

STEP ONE

The first step towards financial freedom is to cut your expenses. Financial freedom is first and foremost about living within your means.

Analyze how you spent your last payment. How much of it went to absolute necessities, and how much of it was spent on expenses you could cut?

STEP TWO

The second step is to start saving money, I think saving is boring too but if you make it fun it can become addictive. Think about your saving as an investment to buy something bigger like a new car, a holiday or even a home.

Learn how to properly save your money and you will be on the fast track towards financial freedom.

How can be done? Once you cut all the expenses you can start saving. How much you can put aside this month towards your financial freedom? The day you get paid transfer that amount straight into your savings account, whatever is left is your budget for your monthly expenses. Most people spend first and then try to save what is left, which most of the time never happens, but when you do the opposite it becomes much easier to manage your monthly expenses. If that makes sense!?

3 STEPS TO FINANCIAL FREEDOM

STEP THREE

The third and final step is to make a plan on how can you make more money? You could be working towards a promotion, looking for a new job that will pay you more, start your own business, the option are endless. So, what's yours?

DESIGN MY WEEK

CUTTING EXPENSES

Today's challenge is to incorporate cutting expenses into your daily routine. First I want you to make a list of all your daily expenses that aren't absolute necessities.

Next, I want you to pick one of these expenses and commit to giving it up for at least 30 days. This can be as simple as giving up your EVERYDAY morning Starbucks and making your own coffee. Have it as a treat once in a while ;)

This small change will be the beginning of a big shift in your attitude towards money, but it's up to you to follow through tho ;)