



## TRACK 6: CORE COMPETENCIES NEXT STEPS

---

### ELECTIVE: FINANCIAL FREEDOM

by Dr. Chris Bowen

#### Lesson 1: More than the Money

---

1. Watch the video by Dr. Chris Bowen on "Financial Freedom."

**Completed:**

**What challenged you or inspired you in this video?**

2. Where is your money going? Write down everything that you spent in the past week. This includes ATM's, cash, change . . . everything! (Yes, every coke, cup of coffee, pack of gum, etc). If you can't remember, start today and keep the ledger for the coming week.

This Week's Expenses		
Date spent	Item	Amount

<b>Date spent</b>	<b>Item</b>	<b>Amount</b>

<b>Date spent</b>	<b>Item</b>	<b>Amount</b>

**3. When would you like to become financially free? How would it affect your thoughts, your health, your family, and your career?**

**4. List 3 steps you will take to become financially free.**

**5. For each of these steps, write a plan to become debt-free.**

**1st step:**

**2nd step:**

**3rd step:**

**When you've completed the assignment, save this PDF and email it to your coach.**