

OUR HOLISTIC ROADMAP IN 66 DAYS

WEEK 5

Welcome to week 5 of The FeelGoodX workshop

Let's recap what we focus last week send pdf and word

- The importance of food to our well-being.
- Eating healthy can heal us from chronic diseases.
- What you eat influences your mental health.
- Water plays a vital role in our overall health.
- Journaling is not just for your emotional needs, we can also journal our food journey.
- Making small changes in your diet can go a long way, and it's easier than you think.

We will be focusing on this week how to handle your finances, or get it under control. It's time to take actions and start managing your money. Learning to increase savings and become financially successful. Changing money habits will take time, effort and a lot of hard work. No matter what your finances look like, We will help you to take control. Including feeling a sense security over your financial obligations while also successfully working towards your long term goals. Being financially healthy has tremendous benefits for our health and overall well-being, Extending beyond the ability to pay bills and buy things.

Now let's take a clear view of the fifth element: Finances



Finance is not merely about making money. It's about achieving our deepest goals and protecting the fruits of our labor. It's about stewardship and, therefore, about achieving the good society.

– Roer J. Shiller



You might think of your finances as mainly your money activities such as investment budgeting or personal banking, but it's a much broader than that. When we manage our finances wisely give it an appropriate amount of importance in our lives – not pushing it too little, not too much, should we say a balance and healthy financial life. It makes us happy and contributes to our fulfillment and contentment.

Most of us think financial success can make us happy, in a way this is right, however happiness is not related to the amount of money you have or make. How you think about managing money contributes to your happiness. Ultimately, money is energy. It is essential to understand how and what to do with it. Money is all about being to share your blessings and experiences in the world and importantly it is about security.

Do our personal finances make us healthy and happy?

Money can provide a sense of security, or even personal freedom, enabling life choices that connect with our personal goals. We can say that a personal freedom and leisure are the main predictors of happiness. When you are financially healthy you can pursue a level of security and freedom in different areas such as career path, choice of neighborhood, health care options, such as whether to hire a caregiver rather than staying in a nursing home. Priorities and life goals can more easily be pursued without financial worries, when you manage your finances the right way.

Wherein, some people are forced to work longer workdays to prioritize financial stability, and are not happy as those who have the option to pursue their life goals. Leisure and work plays a critical role in increasing happiness. However, during financial downtimes (unemployment) has a negative impact on life satisfaction.

What Are Your Beliefs About Money?

Your financial success in life will be determined by your mindset towards money. These beliefs are actively creating your financial reality. And the most influential part of this mindset is the beliefs you hold on.

Worst List	Less stress food (which can you handle)	Effects on my body?
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Life stresses can diminish people coping abilities. For example, if don't have enough money in your bank account it could increase personal and financial vulnerability during negative events such as a decline in health, divorce, retirement and disability. Well planned financial resources can help provide pi of mind prior to negative or adverse circumstances.

To Achieve Your Greatest Financial Goal, Start With "Why"

You've probably thought about other life goals like being fit or healthy, gain positive habits or learn new skills, but what about your money goals? It is always important before setting a massive goal your why must very clear. Rather than moving on to another question about your financial goals start with you why once you've established your why, you can able to move on to your other plans. These all seemed appropriate and relevant as a result of understanding your why.

What's your why in achieving your financial goal?

The Value In Measuring Your Financial Health

Most people are struggling financially because most people lack financial health! This has a real impact on our lives and our ability to cope-up with our financial obligations and life challenges.

Four components: spend, save, borrow, and plan. These components mirror our daily financial activities. What we do today in terms of spending, saving, borrowing, and planning either builds towards or detracts from our resilience and ability to pursue opportunities. For example, will we be able to handle a car breakdown or an extra medical bill? Will we be able to save for any of our dreams?

Financial Health

Components of Financial Health



Where You Want To Be “Financially”



*The only point in making money is you can tell some big shot where to go.
– Humphrey Bogart*



Looking into the future seems good idea for achieving your financial goals. It gives you an opportunity to formally review your goals update them, and review all the progress since 3 and 5 years ago. Foreseeing your goals, give the opportunity for formulating them for the first time so that you can set a firm financial footing.

In the next 3 years

In the next 5 years

In the next 10 years

Set Your Financial Goals

Setting your money goals is the first step towards achieving them. Your financial goals are actionable dreams. So the first action steps is to write them down. When you put your goals into words and keep them in your priorities as both reminder and a motivation, you're beginning to bring them to life. So make them realistic. Write them down.

Money goal #1

Priority: _____ Amount: _____ Save: _____

Expected date to complete: _____

What am I willing to commit to reach these financial goals? _____

Why is it important? _____

Money goal #2

Priority: _____ Amount: _____ Save: _____

Expected date to complete: _____

What am I willing to commit to reach these financial goals? _____

Why is it important? _____

Money goal #3

Priority: _____ Amount: _____ Save: _____

Expected date to complete: _____

What am I willing to commit to reach these financial goals? _____

Why is it important? _____

Money goal #4

Priority: _____ Amount: _____ Save: _____

Expected date to complete: _____

What am I willing to commit to reach these financial goals? _____

Why is it important? _____

Ways to Achieve Financial Independence



01 VALUES
What we believe in



02 GOALS
What is our "why" and what are our targets in life



03 PAY MYSELF
Account that we save for later in life



04 EMERGENCY
Saving for urgent needs like job loss or special care for family members



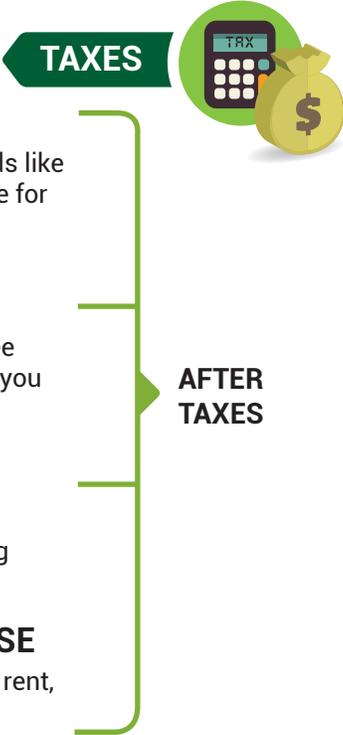
05 FEELGOODX
Short-term to guilt-free spending on anything you want to do



06 GIVING
Sharing with the less fortunate and donating



07 EVERYTHING ELSE
Monthly spending like rent, bills, food, necessities



Pay Yourself First

After working the whole day to sustain a lifestyle, in the long run it can lead to stress and other negative emotions. Sometimes money slips on our hands without noticing, we even complain that we didn't have a change something for ourselves. When it comes to money you have to pay yourself first, the philosophy that the first person who should get paid on your paycheck is you.

Giving



The value of a man resides in what he gives and not in what he is capable of receiving.
- Albert Einstein



If you have enough instead of spending it on unnecessary things, donating or sharing your blessings support a variety of good causes, change lives, and make a difference in the community.

Thinking Of Investment Plan For Your Family Security? Warren Buffett's Investment Plan For His Family Is Just Right For You.

They say family first, working hard for your family is the one of the reasons you get up early in the morning, so you can secure their future, when we speak of security we all think of money. But what would their financial situation if something happened to you? Many will say don't think of that since you're still strong to provide, but it's important to consider.

There are some options to save enough money to provide for your family or life insurance policies that would take care of the, if you're gone how will they be financially secure?

Warren Buffett proposes that when the S&P 500 increases, so the index fund. He said that it should be investing the 90 percent of your money in a stock-based index fund. He also recommends the 10 percent should be invested in a short-term government bond fund. This is recommended to use bond for consistency and safety.

Warren Buffet's investment plan for his family is a good step for families. According to him low-cost index funds can help you to provide higher returns if you can purchase and retain them for the longer time. It also has some advantage in terms of tax efficient and anyone can easily follow and understand it.

If you want to secure your family financially, Warren Buffet investment strategy for his own family must be one you can consider for your own family.

Passive Income

Having a passive income it means having also a freedom. Financial independence is an escape from 8-5 job. There are different ways to produce passive income. Passive income is when you are still receiving payments after the work is done. This comes from real estate investment, business investment or index funds where you don't have to be physically present to earn.

The beginning, it may seem difficult. This needs the most amount of work for the least initial return. However, over time, as your passive income begins to grow. That's when the real magic starts to happen.

Cash Flow Is Queen

Several studies suggest that that majority of people have no idea how to achieve financial independence despite having a good paying job and working overtime. In addition, instead of saving they tend use credit cards that rack up debt, and no savings, this is concerning. So how do we change these habits? Through learning how cash flow works.

In investing people usually invest for two things cash flow and capital gain.

Cash flow is the in and out of your business assets, it is also the lifeblood of your business the stream comes from payments, customers, monetary infusion and investors.

Capital gain is the profit that you make from a sale of an investment, such as real estate and stock. if you invest a stock that pays you yearly. That payment is the cash flow.

So, why cash flow is important?

Positive cash flow is important because it means that your business is running efficiently and allows you to make new investments and further expand and grow your business. We all love that right?

What are the advantages?

1. Everybody thinks that financial independence means you no need to work, but in reality you need to build positive cash flow than your expenses. Once your life doesn't depend on the constraints of money, your time will be free and to whatever brings joy to you.
2. If you focus on your cash flow it will eliminate the fear of running out of money. Once you retire you will be able to feel secure should we say a carefree retirement.
3. With cash flowing it is easier to control your own properties/business. Because we all don't want to invest in the things we have no control of. When it comes to money we should be controlling it not the other way around.

How To Start The Cash Flowing?

Start small

Let's start by setting your baseline. By going small we can start with how to start cash flowing according to Kim Kiyosaki a famous author, businesswoman and wife of Robert Kiyosaki, according to her "My first cash-flow investment was a small two-bedroom, one-bath house in Portland, Oregon, in 1989. My monthly cash flow averaged a whopping \$50 per month. No, it wasn't a lot, but it was a start" – She considered this her "first building block" towards "cash flow" If you've already started your business and there's a cash flow, you have a distinct advantage, no matter how big or small the return is the most essential thing to start now, learn and put that knowledge to work for you. Because small actions can predict the future, but can paint a decent picture of what the future looks like and what changes you might need to make in the future.

Be Aggressive In Achieving Your Goal

Kim's goal was just to purchase another two rental units per year and for 10 years. But

"At the end of the decade, I'd have 20 units, all cash flowing. And guess what? It didn't take me 10 years to reach that goal — it only took 18 months. Of course, that just led to me setting my next, more aggressive goal"

They say a successful businessman is an assertive one. And they say aggression is the most valuable trait for a businessman. Being aggressive means you're passionate about what you're doing

because a passionate man will do everything and figure out a way to get the job done.

Today, Kiyosaki's have more than 14,000 real estate investments that keeps cash flowing for them. This resulted to financial freedom, carefree retirement and control in their life.

"I'm free to spend my time golfing, traveling and doing other things that I love. Sure, I still "work," but not in the traditional sense. I'm not tied to a desk. I don't have a boss. My time is mine to schedule as I please." – Kim Kiyosaki (Kiyosaki)

Reasons To Start A Business

There are no right or wrong reasons, and, yeah, maybe there are many good reasons that you shouldn't start a business. But having a business has proven itself as a life-changing for so many people, and mostly succeed, not just in their business, but also from in their personal life, so it's more than worth considering.

You're the one in control – when you own your own business, you have choices and get to make the decisions.

You get to build something wonderful - having a productive business, you can create helpful programs for the community, and help people have descent living as well as you get to shape your own dreams. In addition, you're generous with money when it comes to charities or helping others.

You have the option for a flexible lifestyle – Owning a business give you the privilege to have flexible lifestyle that is necessary to have a successful career and raise a family. We can consider as a fulfilling life.

You can feel secure – If you're running a successful business, you're confident about your future because you're able to live on what you earn. Not stress about retiring and providing a better life for your love ones.

The key is to get out of the old rules of business and build a sustainable and lasting business from the foundation of my experience, interest, and personality. A business that is focused on service to others is a sure way to success as an entrepreneur in the long run.

Before you jump into the investment world, you may want to think like successful investors like Warren Buffett

Think Like Warren Buffett

If you want to be a successful in your financial goals, you must start believing you can succeed. While, the most effective way of reaching it, is to find a role model and absorb the mental processes of that role model into your own thoughts and beliefs.

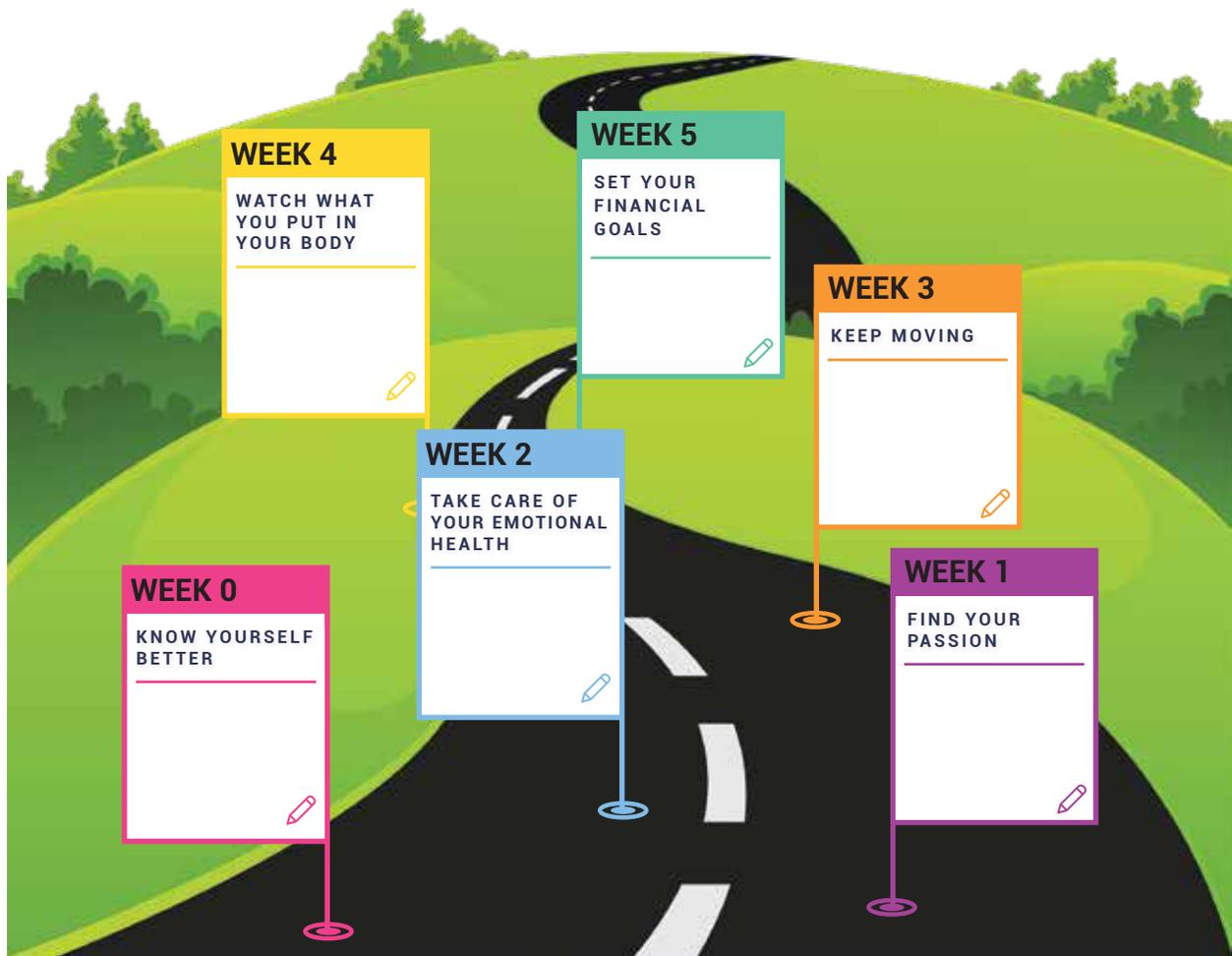
People who are remarkably successful in their fields think and act differently from others. They have mastered self-discipline, have a positive attitude, respectful, and action driven. They are doing the things they love and especially they love the people they work it. If you act and think like successful people you're being focused on being successful, and success will follow you wherever you go. We can learn a lot by observing and learning the most successful people in action, what thought they have throughout the day? How thing differently?

One of the famous investors, which we can learn a lot from being Warren Buffet. After decades of investing in stocks his net worth increased, today he is listed as one of the world's richest people. He believes that businesses should be one that we can understand favorable to long-term prospects.

Then how to think like Warren Buffett?

1. Think that stocks are business also; Stockholders must think that there are part owners said Buffett. In this notion, stockholders will able to avoid making off-the-cut investment instead they will be focused on the long term effect.
2. Increasing your investment is ideal for all investors, but putting all your investment in one area is not ideal according Buffet, he thinks that over-diversification can hinder investment returns including the lock of diversification. So for Buffett it is not advisable to invest in mutual funds and he preferred investing in effective companies. In addition, he believes in doing research and studying before investing.
3. Buffett If you want to increase your investment returns reduce portfolio returns because it increases the amount of taxes including the paying the capital gains.
4. Buffet thinks that all investor worst enemies are their emotions. And the way to overcoming emotions is retain your beliefs in the business and don't be too pressured about the stock market.

This winding road is your guide each week. In the space below write down your own intention and three words, what you are excited for this week.



Here's a quick summary of what you have learned this week:

- Your finances determines your overall health.
- It's possible to manage income more effectively through planning. Managing income helps you understand how much money you'll need for tax payments, other monthly expenditures and savings.
- Increase cash flows by carefully monitoring your spending patterns and expenses. Tax planning, and careful budgeting will help you keep more of your hard earned cash.
- Providing for your family's financial security is an important part of the financial planning process.
- The savings created from good managing your finances can prove beneficial in difficult times.
- Managing your finances helps build assets that don't become a burden in the future.