



TRACK 4B: 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?

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.