

Financial Fitness Bootcamp 101

Do you find it challenging to take control of your financial future? Are you often unsure where to start?

Look no further! Financial Fitness Bootcamp 101, a comprehensive webinar designed to equip you with the essential tools and strategies for achieving financial wellbeing. Whether you're just starting out or looking to refine your financial skills, this session is perfect for anyone committed to improving their financial health.

Join us in this webinar where we learn to manage our money wisely, make informed financial decisions, and develop strategies for long-term financial success. Whether you're aiming to pay off debt, save for a major purchase, or invest in your future, the Financial Fitness Bootcamp 101 will provide you with the knowledge and confidence to achieve your financial goals.

Learning Objectives

- Understanding the fundamentals of money-winning mindset
- Establishing a strong relationship with budgeting & cultivating a mindful spending
- Application: strategies for growing your income

Content Outline

The Fundamentals of Money-Winning Mindset

- What is a Money-Winning Mindset?
- Why Is It Important to Have a Winning Mindset?
- What does it Look Like when you have a Winning Mindset?

Establish a Strong Relationship with Budgeting & Cultivate a Mindful Spending

- Why is it Important to have a Strong Relationship with Budgeting, and Develop Mindful Spending Habits?
- Common Barriers to Budgeting
- Tips for Budgeting: E.g., "Reverse Budgeting", "Pay Yourself in Time", "Intentional Lifestyle Inflation"

Strategies for Growing Your Income

- Increasing Your Earning Potential
- Ikigai
- The "3-Bucket" Rule for Long-Term Financial Goals