



BUILDING THE WHOLE YOU

"The Building Block"

Where Friends Don't Let Friends Remain Broke(N)



Hello Friend!

Welcome back to another edition of "The Building Block!"

Imagine a life where your finances are a source of peace rather than stress. Is this possible you ask? Absolutely. The first step in making this your reality is recognizing the power of taking action today.

Let's start at square one: *Getting Clear on Where Your Money Goes*. The truth is, gaining control of your money starts with understanding your spending. How do I do that? I'm so glad that you asked.

- ▶ You can go old school with pencil and paper or a spreadsheet to record every expense for one month. Let's be clear this will take some time and Discipline but seeing the full picture will help you understand your spending habits and identify areas that are creating stress.
- ▶ Review your expenses after a month and find opportunities to eliminate unnecessary costs. Again, this will take some time and Discipline. Please know and believe that this clarity is a game-changer.

I'm not going to lie. Doing these things can be hard to digest, hurtful because you are in this financial state, and shameful. BUT, doing this will empower you to take control of your finances and align your money with your values and goals. I'm speaking from experience here.

Blanche, put some word on it. I got you. Come here Proverbs 13:16 (a) (NIV):



"All who are prudent act with knowledge..."

It's not God's will or his word that you remain bound by the power of debt. I'm here to help you find your path and walk in Financial Freedom buildingthewholeyou.com by using these three principles *Discipline, Intention, and Strategy*.

—————▶ **Financial Freedom is your birth right and you can have it.** ◀—————

Take that first step today, and see how this small action will start to bring clarity and purpose to your financial journey. In true form, I have included a video on how I budget. Yes, you get to see my actual Strategic Financial Plan aka Budget. I use this each and every pay period to keep me accountable and on target to hit my financial goals. I told you. I don't Gatekeep. I want to see you free in your mind, your body, your soul, your spirit, and definitely your finances.

I invite you to join me on this journey.

But you know what it is. Until next time, Oh my beloved brethren, I will that you prosper and be in health, Even as your soul prospers. (3 John 1:2)

