

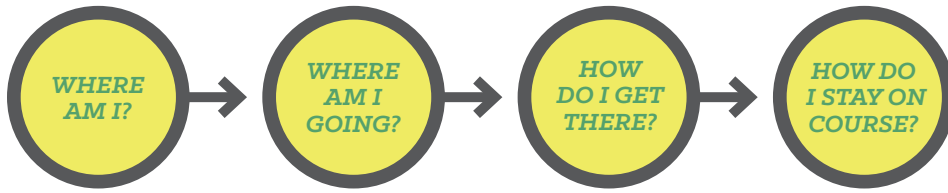
S E S S I O N



SCORECARDS

CORE PLANNING QUESTIONS

As we progress through this course, we'll address four very basic questions that help us plan and execute our financial plan. They are . . .



NEW YEAR'S RESOLUTIONS

Change is

- (25) _____
- (26) _____

CHANGE (27) _____
HAPPENS IN YOUR COMFORT ZONE

THE POWER OF HABIT

Why is it so difficult to adopt new or break old habits? Charles Duhigg offered some interesting explanations in his 2012 book titled *The Power of Habit – Why We Do What We Do in Life and Business*.

- **More than** (28) _____ **of the actions people perform each day weren't decisions but habits**
- **When a habit emerges, the brain** (29) _____ **participating in decision making**

THE HABIT LOOP

Duhigg discovered some other things about habits that are important to understand:

- **A habit cannot be eradicated; it must, instead, be replaced**
- **To change a habit, you must find an** (30) _____ **routine**
- **Your odds of success rise dramatically when you commit to changing as part of a** (31) _____
- **Belief is essential, and it grows out of a** (32) _____ **experience**



Duhigg's recommendations for forming new habits:

- **Identify the routine**
- **Experiment with rewards**
- **Isolate the cue**

WHERE AM I?

Be diligent to know the state of your flocks, and attend to your herds; for riches are not forever, nor does a crown endure to all generations. When the hay is removed, and the tender grass shows itself, and the herbs of the mountains are gathered in, the lambs will provide your clothing, and the goats the price of a field; you shall have enough goats' milk for your food, for the food of your household, and the nourishment of your maidservants. - **Proverbs 27:23-27**

PRACTICE ONE



Track ⁽³³⁾ _____ **Dollar** ⁽³⁴⁾ _____ **Day**

why track?

Before describing how to track every dollar every day, let's address why we need to track every dollar every day.

An effective manager needs reliable ⁽³⁵⁾ _____

You can't fix it unless you know what's ⁽³⁶⁾ _____

You can't assess your progress without a ⁽³⁷⁾ _____

TRACKING STEPS

Download the Excel® Daily Spending Diary at www.rockfinanciallife.com (under Resources)

1. **Find a tool**
2. **Customize the categories**
3. **As you go about your day, save your receipts**
4. **At the same time each day, record your spending (this is where an understanding of how to create a new habit is vital!)**

SESSION 5 BIG IDEAS



Let's be honest – “Tracking Every Dollar Every Day” seems to be rather simplistic. However:

- **This habit is *EASIEST* to overlook**
- **This habit is *EASIEST* to underestimate**
- **This habit *PAYS* dividends immediately**
- **This habit is *MOST* critical to adopt**

It's vital we take whatever steps are necessary to create a habit cue, routine, and reward so that it becomes an automatic part of our financial lives. Your financial security, and ultimately your freedom, depends on it!

1. What spending habits do you expect *TRACKING* will expose in your life?

2. How will you incorporate daily tracking into your current routines?

PROBLEM OR SOLUTION?

“For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.” - **Mark 11:23**

How often have you complained about your financial situation?
How often have you talked about how unfair or discouraging or hopeless your situation is to a spouse, a friend, a co-worker?
How often have you blamed your boss, your spouse, the government, or even God? Your situation is not hopeless when Almighty God is FOR you!

- Stop talking ABOUT the problem - PRAY!
- Stop complaining ABOUT the problem - tell it where to go!
- Stop focusing on what the enemy is doing!

- Start talking about what God wants!
- Start PRAYING the solution!

PRAY THE SOLUTION

Heavenly Father, forgive me for focusing on what the enemy is doing, rather than what You want to do. My prayer is that Your will would be done in my life.

Jesus, thank You for never talking about the problem, but always focusing on the Father's will in every situation.

Holy Spirit, convict me when the words I speak are not from You. Teach me to only speak words of life. Surround me with believers who will hold me accountable when I wallow in the devil's gutter, rather than believing what the Father has for my life and walking on the streets of gold.

In Jesus' Name.