SESSION 1 STUDENT WORKBOOK

UNDERSTANDING IS THE FIRST STEP TOWARD FREEDOM

PowerPoint-Aligned Final Draft • Version 1.0

FREEDOM PRINCIPLE

HOPE BEGINS WITH UNDERSTANDING

Participant Name (optional): ____

This workbook is educational. Complete personal exercises privately. Sharing is always optional.

WELCOME | Slides 1–7

Welcome to Session 1

You do not need to know everything about money. You only need a place to begin.

OUR PROMISE

We teach. We coach. We encourage. We never pressure.

Our Mission

EARN	More income
PROTECT	What matters
ELIMINATE	Unnecessary debt
BUILD	Wealth, independence, and legacy

What You Can Expect

- Practical education in plain language.
- Private reflection and optional general conversation.
- One manageable action at a time.
- Individual recommendations only in a separate, appropriate conversation.

THE JOURNEY | Slide 6

Seven Sessions. One Practical Step at a Time.

Each session builds on the foundation created here.

SESSION	PURPOSE
1 FOUNDATION	How money works and why understanding matters.
2 CASH FLOW	Give every dollar a job and identify budget leaks.
3 PROTECTION	Protect the people and responsibilities that matter.
4 DEBT & CREDIT	Understand debt, credit, and a path forward.
5 SAVE & INVEST	Build long-term habits using sound principles.
6 RETIREMENT	Prepare income, resources, and choices for later life.
7 LEGACY	Organize what you leave and whom it serves.

COURSE RHYTHM

UNDERSTAND → DISCOVER → ACT → CELEBRATE

CLASS ENVIRONMENT | Slides 5, 7

Privacy & Participation

A safe learning environment protects dignity and choice.

- ☐ **Personal financial details remain private.**
- ☐ **Sharing is optional; passing is always allowed.**
- ☐ **We discuss principles and general experiences—not personal dollar amounts.**
- ☐ **Questions are welcome; individualized guidance happens separately.**
- ☐ **Different starting points belong in the same room.**

> REMEMBER
>
> **No shame. No comparison. Just the next wise step.**

Questions I want to remember for later:

THE FREEDOM STORY | Slides 8–11

Freedom Is More Than Money

Freedom can create more choice, resilience, purpose, and legacy.

The course exists because hardworking families are often asked to make life-changing financial decisions without a complete framework. Understanding does not remove every hardship. It improves the questions we ask and the choices we can make.

WHEN WE BEGIN	UNDERSTANDING CAN CREATE
CONFUSION	Clarity
REACTION	Intention
PRESSURE	Possibility

FREEDOM PRINCIPLE

HOPE BEGINS WITH UNDERSTANDING

One idea from the Freedom Story I want to remember:

PRIVATE REFLECTION | Slide 12

What Would Financial Freedom Make Possible for You?

Write privately. You will not be asked to share personal numbers.

YOUR SPACE

There is no correct answer. Describe what greater choice, stability, purpose, or legacy could make possible.

Optional general thought I would be comfortable sharing:

LESSON ONE | Slides 13–19

Why Most People Were Never Taught About Money

The education gap is real. It is not a personal failure.

Key Ideas

- Education prepared many of us for work, but not for managing money.
- Money lessons often arrived through family, work, media, and experience.
- Information is everywhere; education organizes facts into a usable framework.
- The cost of not knowing may appear as unnecessary interest, unnoticed fees, lost time, or missed opportunity.
- Understanding improves the questions we can ask.

> BETTER QUESTIONS
>
> **What is the goal? What does it cost? What are the tradeoffs? How does it fit the plan?**

Lesson notes:

LESSON ONE EXERCISE | Slides 14–17

How Did Money Lessons Reach You?

Think generally. Do not record private dollar amounts.

SOURCE	GENERAL REFLECTION
FAMILY	What did I observe?
WORK	What did earning teach me?
MEDIA	What messages did I absorb?
EXPERIENCE	What helped or hurt?

One inherited habit or assumption I now want to examine:

NO SHAME

Inherited habits are not destiny. Understanding gives us the power to choose.

THE FINANCIAL HOUSE | Slide 20

Four Financial Objectives

A strong financial future is built in a deliberate order.

OBJECTIVE	WHAT IT SUPPORTS
1 EARN	Build and protect household income.
2 PROTECT	Prepare for risks that could disrupt the plan.
3 ELIMINATE	Reduce unnecessary debt and financial leakage.
4 BUILD	Create wealth intentionally toward independence and legacy.

FOUNDATION

Understanding • Cash Flow • Healthy Habits

Which objective do I want to understand better? Why?

DEFINE THE DESTINATION | Slides 21–22

What Financial Freedom Means

Freedom is progress—not one income level, one balance, or a perfect life.

IDEA	WHAT IT CAN MEAN
CHOICE	More options when decisions arise.
RESILIENCE	Room to respond when life changes.
PURPOSE	Money aligned with values and priorities.
LEGACY	A stronger next generation.

Lesson One Checkpoint

- ☐ **The education gap was not a personal failure.**
- ☐ **Information needs a framework.**
- ☐ **Understanding improves choices.**

One idea that changed how I see the education gap:

FREEDOM CONVERSATION | Slides 23–24

What Money Lesson Did You Have to Learn the Hard Way?

Share generally. Passing is always allowed. Avoid personal dollar amounts.

CONVERSATION RULES

SHARE a general lesson • LISTEN without fixing • PASS whenever you choose

Use this space only if you want to prepare a general response.

What I heard that may help me:

CONVERSATION DEBRIEF | Slide 25

Collect Themes—Not Private Details

The lesson is not only what happened. The lesson is what we understand now.

THEME	GENERAL NOTES
KNOWLEDGE	What did people wish they knew sooner?
HABITS	What repeated behavior shaped outcomes?
QUESTIONS	What better question could have helped?

Themes I want to remember:

LESSON TWO | Slides 26–31

How Money Really Works

Simple principles create a framework for better choices.

CORE IDEA

Money is a tool. It is not a measure of personal worth.

TERM	PLAIN-LANGUAGE MEANING
INCOME	Money received by the household.
EXPENSES	Money used for needs, commitments, and choices.
ASSETS	Resources owned or controlled.
LIABILITIES	Amounts owed to others.
CASH FLOW	The movement of money into and out of the household.

Vocabulary notes or questions:

CASH FLOW | Slides 28–33

The Basic Money Flow

What comes in is directed by choices—and produces outcomes.

THE FLOW

INCOME → CHOICES → OUTCOMES

Income may be directed toward spending, saving, giving, reducing obligations, or building future goals. Every dollar receives a direction—by intention or by default.

CASH-FLOW SIGNAL	WHAT IT MAY INDICATE
POSITIVE	Income exceeds expenses; margin is available.
NEUTRAL	Income and expenses are close; little margin remains.
NEGATIVE	Expenses exceed income; the pattern deserves attention.

What questions does cash flow raise for me?

PREVIEW FOR SESSION 2 | Slide 34

Small Leaks Become Large Losses

Today we notice the concept. Session 2 provides the audit process.

- ☐ **Subscriptions I may no longer use.**
- ☐ **Bank or service fees I may not notice.**
- ☐ **Interest costs worth reviewing.**
- ☐ **Unplanned spending patterns I want to observe.**
- ☐ **Recurring expenses that deserve a fresh comparison.**

> IMPORTANT
>
> **Do not try to “fix everything” tonight. Observation comes before correction.**

Possible areas to observe this week:

TIME CHANGES MONEY | Slides 35–36

Compounding & the Rule of 72

Growth can build on earlier growth—and costs can build on earlier costs.

Rule of 72

72 ÷ RATE ≈ YEARS TO DOUBLE

ONE EXAMPLE

At 8%: 72 ÷ 8 ≈ 9 years

This is a learning shortcut—not a guarantee or projection. Actual doubling time depends on returns, fees, taxes, withdrawals, and consistency.

My notes:

Check the arithmetic:

72 ÷ ______% ≈ ______ years

LONG-TERM PRINCIPLES | Slide 37

The Three D's

Behavior helps turn a long-term plan into consistent action.

PRINCIPLE	PLAIN-LANGUAGE IDEA
DISCIPLINE	Continue an appropriate plan through changing conditions.
DIVERSIFICATION	Spread exposure rather than depending on one holding or outcome.
DOLLAR COST AVERAGING	Invest a consistent amount at regular intervals when financially able.

IMPORTANT

Diversification and dollar cost averaging do not assure a profit or prevent a loss.

Questions or examples I want to revisit later:

ORDER MATTERS | Slide 38

Foundation Before Investing

Money needed for emergencies should not be placed at investment risk.

LONG-TERM INVESTING

▲

CASH FLOW + PROTECTION

Create stability and reduce the chance of a forced withdrawal.

▲

EMERGENCY RESERVE

Build the financial foundation before taking appropriate long-term risk.

Why the order matters to me:

FIRST EMERGENCY-FUND MILESTONE | Slide 39

Start With $500

If no emergency fund exists, $500 is a practical first milestone.

REMEMBER

$500 begins the emergency fund. It does not complete it.

My first milestone plan

Current emergency reserve	____________________________
First deposit I can make	____________________________
Target date for $500	____________________________
Where I will keep it	____________________________
How I will keep building	____________________________

This page is private. No amount will be collected or discussed publicly.

FREEDOM TOOLBOX | Slides 40–41

Your Session 1 Tools

Use one tool well. You do not need to complete everything at once.

- ☐ **Seven-session roadmap** — Keep the full course destination in view.
- ☐ **Rule of 72 reference** — Use the shortcut as an educational estimate.
- ☐ **Three D's reference** — Remember the long-term behavior principles.
- ☐ **Personal Financial Checkup** — Complete privately after class.
- ☐ **Seven-Day Spending Tracker** — Primary homework for Session 2.
- ☐ **Family Conversation Guide** — Use only if helpful and appropriate.
- ☐ **Takeaway Card** — Keep one insight or action visible.

The tool I expect to use first—and why:

PRIVATE TOOL | Slide 42

Personal Financial Checkup — Part 1

This is not a test. No score is collected.

Mark the statement that best describes your current awareness. You may leave any item blank.

Cash flow

I know what generally comes in and goes out each month.

- ☐ **Clear**
- ☐ **Needs attention**
- ☐ **Not sure yet**

Emergency reserve

I have begun building money for unexpected expenses.

- ☐ **Clear**
- ☐ **Needs attention**
- ☐ **Not sure yet**

Protection

I understand which risks could disrupt my household plan.

- ☐ **Clear**
- ☐ **Needs attention**
- ☐ **Not sure yet**

Debt

I know my major balances, payments, and interest costs.

- ☐ **Clear**
- ☐ **Needs attention**
- ☐ **Not sure yet**

PRIVATE TOOL | Slide 42

Personal Financial Checkup — Part 2

Use this page to identify questions—not to judge your starting point.

Saving & investing

I understand the difference between emergency money and long-term money.

- ☐ **Clear**
- ☐ **Needs attention**
- ☐ **Not sure yet**

Retirement

I know which resources may support future income.

- ☐ **Clear**
- ☐ **Needs attention**
- ☐ **Not sure yet**

Legacy

I have considered whom I want my planning to serve.

- ☐ **Clear**
- ☐ **Needs attention**
- ☐ **Not sure yet**

Financial understanding

I know the next topic I want to learn more about.

- ☐ **Clear**
- ☐ **Needs attention**
- ☐ **Not sure yet**

My next question:

PRIMARY HOMEWORK | Slides 43–44

Seven-Day Spending Tracker

Observe without judgment. A perfect week is not required.

How to Use the Tracker

- Record each purchase or payment for seven days.
- Use a short category that makes sense to you.
- Note whether it was planned, unplanned, or a recurring obligation.
- Do not change behavior just to make the tracker look better.
- Bring the completed—or partially completed—tracker to Session 2.

PURPOSE

Observation creates the information needed to build an intentional cash-flow plan.

Category ideas

Housing • Utilities • Food • Transportation • Health • Debt • Giving • Saving • Family • Personal • Other

What I expect to notice:

SEVEN-DAY SPENDING TRACKER | Slides 43–44

Days 1–2

Record what happened. Do not judge the entry.

Day 1 | Date: ________________

ITEM / DESCRIPTION	AMOUNT	CATEGORY	PLANNED? / NOTE

Day 2 | Date: ________________

ITEM / DESCRIPTION	AMOUNT	CATEGORY	PLANNED? / NOTE

SEVEN-DAY SPENDING TRACKER | Slides 43–44

Days 3–4

Record what happened. Do not judge the entry.

Day 3 | Date: ________________

ITEM / DESCRIPTION	AMOUNT	CATEGORY	PLANNED? / NOTE

Day 4 | Date: ________________

ITEM / DESCRIPTION	AMOUNT	CATEGORY	PLANNED? / NOTE

SEVEN-DAY SPENDING TRACKER | Slides 43–44

Days 5–6

Record what happened. Do not judge the entry.

Day 5 | Date: ________________

ITEM / DESCRIPTION	AMOUNT	CATEGORY	PLANNED? / NOTE

Day 6 | Date: ________________

ITEM / DESCRIPTION	AMOUNT	CATEGORY	PLANNED? / NOTE

SEVEN-DAY SPENDING TRACKER | Slides 43–44

Day 7 & What I Noticed

Patterns are information—not a verdict.

Day 7 | Date: ________________

ITEM / DESCRIPTION	AMOUNT	CATEGORY	PLANNED? / NOTE

Patterns I noticed:

One question I will bring to Session 2:

FREEDOM CHALLENGE | Slide 44

One Week. Two Possible Steps.

Small action creates useful information and momentum.

PRIMARY CHALLENGE

Track spending for seven days.

IF NEEDED

Begin or confirm your $500 emergency-fund milestone.

My commitment

- ☐ **I will use the seven-day tracker.**
- ☐ **If I do not have an emergency fund, I will choose a manageable first deposit toward $500.**

My specific next action:

FIVE ANCHORS | Slide 45

Session 1 Review

Understanding creates the next wise step.

ANCHOR	WHAT TO REMEMBER
EDUCATION	The gap is real; it is not a personal failure.
OBJECTIVES	A strong future is built in a deliberate order.
CASH FLOW	Money movement tells a useful story.
TIME	Repeated choices and costs can compound.
FOUNDATION	Build an emergency reserve before placing money at risk.

FREEDOM PRINCIPLE

HOPE BEGINS WITH UNDERSTANDING

The most useful idea from Session 1:

YOUR NEXT STEP | Slides 46–48

What Will You Do Before Session 2?

One clear step is enough.

I will:

Next: Your Money Has a Job

- See where money goes.
- Assign each dollar a purpose.
- Identify possible budget leaks.
- Continue building the emergency reserve.

BRING WITH YOU

Your seven-day spending tracker—even if the week was incomplete.

Questions for after class or Session 2:

PERSONAL NOTES | Session 1

Additional Notes

Use this page for questions, insights, or reminders.

SESSION COMPLETE | Slide 48

Thank You

Your feedback helps improve the learning experience.

Before You Leave

- ☐ **Complete the separate Session 1 evaluation.**
- ☐ **Keep your workbook and take-home tools.**
- ☐ **Bring the seven-day spending tracker to Session 2.**
- ☐ **Ask general questions after dismissal if time allows.**

> CLOSING PRINCIPLE
>
> **HOPE BEGINS WITH UNDERSTANDING**

Freedom Financial Education Seminar Series

We teach. We coach. We encourage. We never pressure.