

YOU DEBT

Course Checklist

WEEK
1

- Day 01: Upside-Down Nation
- Day 02: Direct the Rider
- Day 03: Motivate the Elephant
- Day 04: Shape the Path
- Day 05: Rally Your Loved Ones

**FREE
YOUR
MIND**

WEEK
2

- Day 08: Track Your Spending
- Day 09: List Every Debt You Owe
- Day 10: Check Your Credit Report
- Day 11: Create Your Debt Tsunami
- Day 12: Your Financial Network Map

**LESS
EXCUSES,
MORE
ACTION**

WEEK
3

- Day 15: Reject Credit Cards
- Day 16: Credit vs. Debit vs. Cash
- Day 17: Budgeting Overview
- Day 18: Budgeting Walkthrough
- Day 19: 5-Step Financial Foundation

**SUCK IT
UP AND
BUDGET**

WEEK
4

- Day 22: Needs vs. Wants
- Day 23: Housing & Transportation
- Day 24: Insurance & Food
- Day 25: Subscriptions, Contracts, & Routines
- Day 26: How NOT to Suck at Negotiating

**STOP
BUYING
CRAP**

WEEK
5

- Day 29: Earn More Money Overview
- Day 30: Sell Your Crap
- Day 31: Salary, Resumes, & Job Hunting
- Day 32: Escape from Cubicle Nation
- Day 33: Get Your First Client

**YOU
SHOULD
BE
EARNING
MORE
MONEY**

WEEK
6

- Day 36: You Are Going To Fail
- Day 37: Grow and Keep Momentum
- Day 38: Analyze Your 30-Day Data
- Day 39: Suggested Resources
- Day 40: The Mexican Fisherman's Parable

**BRINGING
IT ALL
TOGETHER**