



**7 SIMPLE STEPS
TO BEGIN
YOUR FINANCIAL
FREEDOM JOURNEY**

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Introduction

Why Financial Freedom Matters

If you had the choice to live life freely, would you take it?

Free from stress, anxiety, fear, and lack.

Most of us (if not all of us) would want to, isn't that right?

Financial freedom should be everyone's goal.

Sadly, while everyone should desire financial freedom, our lifestyles say others.

The first step is to decide here and now that financial freedom will be your goal for you and your family. That way, you live life on your terms, without the constant stress and worry about money.



Three Reasons Why Financial Freedom Matters

1. Reduces Financial Stress.

Financial freedom eliminates the constant worry about paying bills, managing debt, and meeting unexpected expenses. With financial security, you can focus on living a balanced and fulfilling life without the stress that financial instability brings.

This reduction in stress can improve your overall mental and physical health, leading to a higher quality of life.

2. Gives You a Choice.

Financial freedom gives you the ability to make choices that align with your values and goals. Whether it's pursuing a passion, spending more time with family, or taking a career risk, having financial stability allows you to make decisions based on what you truly want rather than what you need to do to survive.

This flexibility can lead to greater personal fulfillment and happiness.



3. Empowers You to Create Positive Impact.

When you're financially free, you have the resources and time to give back to your community and support causes you care about. You can make charitable donations, invest in social enterprises, or volunteer your time without the constraints of financial worries. This empowerment to create positive change not only benefits others but also brings a sense of purpose and satisfaction to your own life.



How to Use This Material

This material is designed to guide you through the essential steps towards achieving financial freedom. We will use a structured framework that includes three main components for each chapter: Warm Up, Word, and What's Next. This approach will help you internalize the concepts, apply them to your life, and take actionable steps towards your financial goals.



Warm Up

The Warm Up section is designed to engage your mind and prepare you for the topic at hand. It includes thought-provoking questions and activities that will help you reflect and break the ice.



There are no right or wrong answers. Choose one or two to get the conversation started and ideas flowing.

Wisdom

The Wisdom section is the core of each chapter, where you will delve into the main concepts and principles of financial freedom. You have two options for this part:

1. Pre-Recorded Video

Watch a pre-recorded video from wealth coach Chinkee Tan. In these videos, Chinkee shares valuable insights and practical advice based on his extensive experience in helping people achieve financial freedom.



Watching the video will give you a dynamic and engaging learning experience.

2. Written Version

If you prefer a written format, you can read the material provided. This option is ideal for those who enjoy discussing the content in more detail with the group. Use the written version to explore the key points, reflect on the lessons, and engage in meaningful conversations.



What's Next

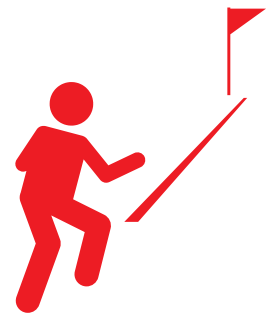
The What's Next section is all about taking action. After understanding the concepts, it's crucial to apply what you've learned to your own financial journey.



This section includes discussion questions and action points that will help you set goals, identify barriers, and create a plan to overcome them. Use this time to share your thoughts, support each other, and hold each other accountable for making progress.

Getting Started

As you start this journey, remember that financial freedom is a process that requires patience, persistence, and a proactive approach. Embrace each step, stay committed, and support one another in the community.



By following the Warm Up, Wisdom, and What's Next framework, you will be well on your way to achieving the financial freedom you desire.

Chapter 1

The Financial Freedom Mindset

"Financial freedom is not about getting rich quick. It's about making a series of small, smart decisions over time that lead to lasting wealth."

- Dave Ramsey

Warm Up

- Imagine you suddenly became really rich. What's the first thing you would do or change in your daily routine?
- What other words come into mind when you hear the word "freedom?"

Wisdom

That is exactly what you can do if you are able to achieve Financial freedom. You will have the ability to live life on your terms, free from financial stress and worry. It empowers you to make choices that align with your values and goals without being constrained by money. But more than a lifestyle, financial freedom must first start as a mindset. That involves having the right way of thinking.

Right way of thinking leads to the right way of living. Wrong way of thinking leads to wrong way of living. It's a simple law of life. What you sow is what you reap. Now, that also means that financially free thinking leads to financially free living.

But what does a financial freedom mindset look like?

It all starts by understanding what's holding you back. That way, you can face these blocks, break them, and counter them with truths that will put you on the right path.

Let's Look at the Four Barriers to Financial Freedom and How to Break Them



1. "Money is the Root of All Evil."

Myth: Many people believe that money itself is inherently evil and that desiring wealth is morally wrong. This belief can cause individuals to subconsciously sabotage their financial success.



Truth: The love of money is the root of all evil. Money is simply a tool that can be used for good or bad purposes. It amplifies the character of the person using it. To break this barrier, shift your perspective on money. Understand that having wealth can enable you to create positive changes in your life and others'. Focus on how financial stability can help you achieve your goals and contribute to your community.

2. "I'm Born Poor, I Will Die Poor."

Myth: Many people believe that their financial situation is determined by their birth and that there's no escaping poverty. This mindset can become a self-fulfilling prophecy, limiting their potential for growth and success.



Truth: Anyone can change their financial situation. The key to breaking this barrier is to shift your mindset and believe in your ability to improve your circumstances. Education, skill development, and a willingness to take calculated risks are crucial. Surround yourself with positive influences, seek mentorship, and remain persistent in your efforts. Remember, countless individuals have risen from poverty to prosperity through determination and hard work.

3. "I Only Need to Work Hard to Be Financially Free."

Myth: Does hard work alone guarantee financial freedom? While hard work is essential, it is not the only factor in achieving financial independence. This belief can lead to burnout and frustration when hard work does not immediately translate into financial success.



Truth: Sipag, tiyaga, karunungan, at tamang diskarte. Alongside hard work, you need perseverance, wisdom, and strategic planning. Financial literacy, smart investments, and effective money management are vital components of financial freedom. Diversifying your income streams and making informed decisions about savings and investments can significantly enhance your financial stability. Learn to work smarter, not just harder.

4. "Financial Freedom Is About Having More Money."

Myth: Financial freedom is solely about accumulating wealth. This misconception often leads to a relentless pursuit of money at the expense of personal well-being and relationships.



Truth: True financial freedom means having the flexibility to enjoy life on your terms. It involves balancing financial security with personal fulfillment, health, and meaningful connections. Prioritize your time, invest in relationships, and maintain a healthy work-life balance. Financial freedom should enable you to live a well-rounded and fulfilling life, not just a wealthy one.

Addressing these common money blocks and myths will transform your financial mindset and help you work towards genuine financial freedom. Understanding the broader picture and making informed decisions are crucial steps in achieving lasting financial success.

What's Next?

Discussion Questions

- What does financial freedom mean to you personally?
- What are the biggest barriers you face in achieving financial freedom?
- How would achieving financial freedom change your life?



Action Points

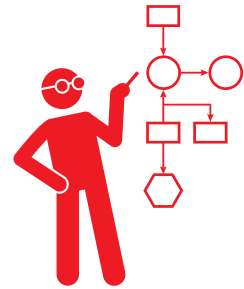
- Write down your definition of financial freedom.
- List three financial goals you want to achieve.
- Identify one barrier to your financial freedom and plan one action to overcome it.

Chapter 2

The CHIP Method: A Framework for Financial Freedom

"Your systems are perfectly designed to get the results that you are getting.

- Stephen R. Covey



Warm Up

- Describe a time everything went according to your plan.
- Who do you know is a natural planner?

Wisdom

People who experience financial freedom have a framework to follow. This makes the outcome duplicatable.

What is a framework? It's a system based on universal principles. You follow a process and get a given result. A good example of a framework is a recipe. When cooking with a recipe, you always get the same output. Follow the ingredients to the letter. Go through the prescribed steps religiously. You'll get the same results.

When attaining financial freedom, there's one principle that works the same. We call it the CHIP method.

The CHIP method stands for Create, Handle, Invest, and Protect. It is a comprehensive framework designed to guide you toward financial freedom by addressing all key aspects of money management. Let's look at each one deeper.

1. Create Money

The first step towards financial independence is learning how to create money. This involves actively acquiring knowledge and skills necessary to generate income. Just as learning to ride a bike or swim requires practice and understanding, so does making money.

If you find yourself struggling to earn, it's likely because you lack the necessary knowledge and expertise. Adopting the right strategies can transform your financial situation.



2. Handle Money

Once you start making money, effectively managing it becomes essential. Proper money management involves budgeting, saving, and reducing debt. It's not about how much you make but how much you save.



Creating a budget is the first step, allowing you to track expenses and allocate funds to essential needs, savings, and discretionary spending. Maintaining an emergency fund is crucial for financial security. Cultivating prudent financial habits and a disciplined approach to money management will ensure you handle your finances wisely.

3. Invest Money

To accelerate wealth creation and achieve true financial freedom, it's important to focus on smart investments and strategic financial decisions. Think of your money as seedlings that need to be nurtured to grow.



Aim to transfer your active income to passive income streams. Investing starts with knowledge, so you need to learn how to be a student of investing and wealth multiplication. Later in this guide, we'll talk about some basic principles to help you get started with investing.

4. Protect Money

The final step on the path to financial mastery is protecting your wealth. This means developing a deep understanding of financial principles, building financial literacy, and adopting a mindset focused on long-term wealth preservation and growth.



No matter how much you earn, save, or grow, your money can all go away if you don't protect it. That's why this step in the framework wraps up your whole strategy into one foolproof system.

This is just a starting point. The next four chapters of this book will look at each facet of the CHIP Method and how you can implement it in your life. So keep moving forward!

What's Next?

Discussion Questions

- Which component of the CHIP method do you find most appealing?
- How do you think the CHIP method can help you achieve your financial goals?
- What challenges do you anticipate in following the CHIP method?

Action Points

- Continue going through this guide. We're just getting started!
- Reflect on how each component applies to your current financial situation.
- Write down three ways you can start implementing the CHIP method today.



Chapter 3

Create Money

"The secret to getting ahead is getting started."

- Mark Twain

Warm Up

- At what income level would you say you're financially wealthy?
- Name one or two people that come to mind when you hear the words "money making machine."



Wisdom

Creating money is the first step in the CHIP method. It involves identifying opportunities to increase your income through various means such as improving skills, leveraging personal branding, and exploring entrepreneurial ventures. This chapter dives into strategies to boost your earning potential.



Creating more money involves strategic planning and actionable steps. Here are three key steps to guide you on this journey:

1. Change Your Mindset

The first step to creating more money is to adopt a growth mindset. A growth mindset is the belief that your abilities and intelligence can be developed through dedication, hard work, and continuous learning. This mindset helps you see challenges as opportunities, fosters resilience, and encourages persistence.



Start by setting clear financial goals and visualizing your success. Practice positive affirmations and surround yourself with supportive, like-minded individuals who inspire you to strive for financial growth.

2. Find a Valuable Skill or Offering

The next step is to identify a skill or service that is in high demand. Assess your strengths, interests, and market needs to pinpoint valuable skills you can develop. You can learn a new technical skill, mastering a software tool, or acquiring expertise in a specific industry.



How do you find a valuable skill? Start first by looking for a pain point or problem. Think about the people in your circle. What challenges are they facing? How can you help alleviate that problem? For example, you might have a lot of friends who need help marketing their business online. You can learn skills like graphic design, social media management, or content writing to help them.

3. Identify Earning Opportunities

Once you have developed a valuable skill, actively seek opportunities to monetize it. Look for side gigs, freelance projects, or entrepreneurial ventures that align with your expertise. Networking is crucial; connect with industry professionals, attend seminars, and join relevant online communities to stay informed about new opportunities.



Consider passive income streams such as investments, rental properties, or digital products. Continuous learning and adaptability are essential. Stay updated with industry trends and regularly refine your skills to remain competitive.

What's Next?

Discussion Questions

- What skills can you develop to increase your income?
- How can personal branding help in your career or business?
- What are the biggest opportunities you see for creating more money?

Action Points

- List three skills you can learn to boost your income.
- Identify one opportunity to increase your income and create a plan to pursue it.
- Set a financial goal related to income creation.



Chapter 4

Handle Money

"A budget is telling your money where to go instead of wondering where it went."

- John C. Maxwell

Warm Up

- Recall a time you were tempted to spend on something you didn't have the budget for. How did you respond?
- What are some of the main reasons you find it hard to save?



Handling money effectively is crucial for financial freedom. This involves mastering budgeting, saving, and managing debt. In this chapter, you'll learn practical techniques to take control of your finances and reduce financial stress.



Wisdom

Managing money effectively is crucial for financial stability and success. Here are three key skills to help you handle money better:

1. Save

Saving is the foundation of financial security, but most people struggle to do it. Effective saving starts with understanding it's more attainable than you think. More importantly, it's highly necessary to experience growth. Without a saving habit, you won't become financially free no matter how much money you create.



Start by creating a habit of saving consistently, no matter how small the amount. Next, you want to automate your savings by setting up automatic transfers from your checking account to your savings account.

2. Budget

A budget helps you track your income and expenses. This way, you live within your means. Starting a budget is not rocket science. Follow these steps to get started:

- Begin by listing all your sources of income and categorizing your expenses into fixed (rent, utilities) and variable (entertainment, dining out).
- Set realistic spending limits for each category and prioritize essential expenses. Use budgeting tools or apps to monitor your progress and adjust as needed.
- Regularly review your budget to identify areas where you can cut back and reallocate funds to savings or debt repayment. A well-maintained budget helps you stay on track and achieve your financial goals.

3. Get Out of Debt

Understanding debt and its impact on your financial health is crucial. High-interest debt can significantly hinder your financial progress. Start by listing all your debts, including interest rates and minimum payments.

Focus on paying off high-interest debts first while making minimum payments on others. Consider debt consolidation or refinancing options to reduce interest rates. Reducing and eliminating debt frees up resources for savings and investments, enhancing your overall financial well-being.



What's Next?

Discussion Questions

- What are your current budgeting practices?
- How can you improve your saving habits?
- What steps can you take to manage or reduce your debt?

Action Points

- Create a monthly budget.
- Start a savings plan with a specific goal.
- List your debts and create a plan to pay them off.



Chapter 5

Invest Money

"Without investment there will not be growth."

- Muhtar Kent

Warm Up

- If you had all the money in the world, what would you do?
- What mistakes did you make in the past that brought an important lesson?



Wisdom

There's one thing that all the rich do— invest heavily. Sadly, this is not something that we're actively taught. Schools don't teach us how to invest. Most parents don't talk about investing at home.

Growing money involves investing wisely to generate passive income. This chapter teaches you the first steps you need to take to start investing like the rich. How do you start? Most important thing to get started is to know what you shouldn't do when you invest.



What are the top 3 investing mistakes people make?

Investing can be a powerful way to build wealth, but only if you learn to avoid common pitfalls. Here are the top three investing mistakes people often make:

1. They Don't Research

One critical mistake is not conducting thorough research before investing. There are too many horror stories of Filipinos losing all their hard-earned money because they didn't research before investing.

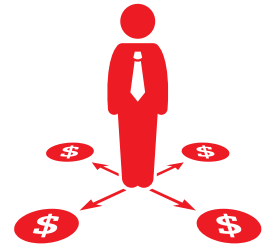
Evaluate the financial health, performance history, and potential risks of any investment. Consider factors such as market conditions, industry trends, and economic indicators. Most importantly: NEVER invest in something you don't understand.



2. They Don't Diversify

Putting all your money into a single asset or stock increases your risk significantly. When you invest, diversify. That means spreading your investments across various asset classes, such as stocks, bonds, real estate, and commodities.

This strategy helps mitigate risk because if one investment performs poorly, others may perform better, balancing out your overall portfolio. A well-diversified portfolio is more likely to withstand market volatility and generate steady returns over time.



3. They Let Emotions Drive Them

Emotions are your enemy when investing. You will either be driven by fear or greed. For example, panic selling during market downturns can lock in losses, while chasing after high-performing stocks can result in buying at inflated prices

To avoid this mistake, develop a clear investment strategy and stick to it, regardless of market fluctuations. The name of the game is consistency, not feelings. Patience and discipline are more important than wits and gut feelings when investing.



What's Next?

Discussion Questions

- 1. What investment pitfalls do you need help avoiding? (Select all that apply)
 - a) Lack of diversification
 - b) Emotional decision-making
 - c) Lack of research and understanding
 - d) Lack of mentors and coaches
 - e) Following trends blindly

Action Points

- Research different investment options.
Never invest in something you don't understand.
- Start a small investment with a diversified approach.
Invest only with the money you can afford to lose.
- Start now. Set an investment goal for the next six months.



Chapter 6

Protect Money

“The price of anything is the amount of life you exchange for it.”

- Muhtar Kent

Warm Up

- What’s one thing you would protect at all costs?
- Who’s your favorite superhero and what did he or she protect?

Protecting money ensures the longevity of your investments and financial stability. This chapter covers risk management, estate planning, and strategies to safeguard your financial future.

Wisdom

Protecting your hard-earned income is vital for long-term financial security. Here are three essential and basic tips that can help you secure your finances effectively:

1. Build an Emergency Fund

An emergency fund acts as a financial safety net. This will provide a cushion during unexpected events such as job loss, medical emergencies, or urgent repairs. Aim to save at least six months' worth of living expenses in a separate and easily accessible savings account.

This fund ensures that you don't have to dip into your investments or incur debt during a crisis. Regularly contribute to your emergency fund to keep it adequately funded and adjust the amount as your expenses and lifestyle change.

2. Get Adequate Insurance Coverage

Having the right insurance is crucial to protect your income and assets from unforeseen circumstances. Key types of insurance to consider include health insurance, life insurance, disability insurance, and property insurance.



- Health insurance covers medical expenses
- Life insurance provides financial support to your dependents in case of your untimely death
- Disability insurance replaces a portion of your income if you're unable to work due to illness or injury
- Property insurance protects your home and belongings.



3. Diversify Your Income Sources

Today, having just one source of income is no longer a good strategy. You should always shoot to have multiple sources of income. This reduces the risk of losing all your cash flow if you lose that stream of income.



Think about all the financially successful people— they all have multiple income sources. The 7 Streams of Income teaches you can have up to 5 sources of income:

Earned Income:

Money you receive for working at a job.

Sales Income:

Money you make by selling goods or services for more than their cost.



Interest/Dividend Income:

Money you earn from investing your money, such as through bank accounts or stocks.

Business Income:

Money you receive from owning part of a business that shares its profits.



Rental Income:

Money you earn from renting out your property to others.

What's Next?

What are the biggest financial risks you face?

- A. Job loss or income reduction
- B. Medical emergencies or health issues
- C. High levels of debt
- D. Investment losses
- E. Natural disasters or property damage
- F. Inadequate savings or retirement funds
- G. Others: _____



What steps can you take to ensure financial security in the future?

- A. Creating and following a budget
- B. Building an emergency fund
- C. Investing in diverse assets
- D. Regularly reviewing and updating your financial plan
- E. Paying off high-interest debt
- F. Increasing retirement contributions
- G. Obtaining appropriate insurance coverage
- H. Seeking professional financial advice
- I. Others: _____



Action Points

- Assess your current financial risks and create a management plan.

Chapter 7

It's a Journey

"Financial freedom is a journey, not a destination."

- Suze Orman

Warm Up

- If you have a financial concern, can you call someone who is good at money to get immediate financial advice? Why that person?



Wisdom

Achieving financial freedom is a continuous journey filled with learning, growth, and adaptation. It requires patience, persistence, and a proactive approach to managing your finances. This chapter emphasizes the importance of viewing your financial progress as an ongoing journey and offers strategies to stay motivated and committed.



Embrace the Journey

Financial freedom is not an overnight achievement; it's a marathon, not a sprint. Embracing the journey means understanding that reaching your financial goals will take time, patience, and consistent effort. Celebrate small wins and progress along the way. Each milestone, no matter how small, is a step closer to your ultimate goal.

Set Milestones, Not End Goals

Break down the journey into smaller, achievable milestones. Celebrate these milestones to keep participants motivated and remind them that each step brings them closer to their larger financial goals.



Continuous Learning

Financial literacy and management are lifelong skills that need to be continually developed. Encourage participants to stay updated with new financial strategies, market trends, and personal finance techniques.

Read

Dive into books, articles, and research papers on personal finance.



Listen

Tune into podcasts and audiobooks that offer financial advice and insights.

Watch

Follow educational videos and webinars to stay informed about the latest financial trends.



Adapt and Adjust

Flexibility is key. As life circumstances change, so should financial strategies. Regular reviews and adjustments to financial plans ensure that they remain relevant and effective.

Stay Connected

A strong support system and accountability can significantly impact your financial journey. Share your financial goals with trusted friends, family members, or financial advisors who can provide encouragement, advice, and constructive feedback.



Maintain Motivation and Consistency

Periodically review financial goals and progress to stay on track. Have accountability partners, join financial groups, or work with financial advisors to maintain motivation. Seek guidance from coaches or mentors who can provide personalized advice and support throughout the journey.



The path to financial freedom becomes a rewarding and fulfilling adventure with these practices. Remember, every step forward, no matter how small, is progress towards a brighter financial future.

What's Next?

Discussion Questions

Reflect on your financial journey so far. Using the CHIP method—Create, Handle, Invest, and Protect—what is one small, actionable step you can take today to move closer to your financial goals? Who can you share this step with to help keep you accountable?



How Can We Help You Make It Happen?

- **Do It on Your Own**
Take the step you identified and implement it independently.
- **Do It with Us**
If you want guidance and support in your journey to financial freedom, we are here to help.

Join our EXCLUSIVE GROUP COACHING!

Click the link below

CLICK HERE



Scan the QR code for more information

