

What is Enough?™

master money, time & stuff...

it's fast, it's fun, it's easy, it's really fulfilling.

whatisenough.org



the Problem –

If you have *Money*, *Time* or *Stuff* in your life, this online class is for you. You probably had PE (Physical Education) as a student to learn about becoming physically fit, but how about FE (Financial Education)? Would you like to get Financially Fit? That means learning about more than just *Money*. *Money* will play a huge part in your life, but if you want to get Financially Fit, you need to learn about the relationship between *Money*, *Time* and *Stuff*. These are the three legs of a your Financial Fitness program we call *What is Enough?* Get a handle on one leg, you'll get a handle on all three.

the Story –

We have spent the last three years collecting information leading to a better personal understanding about money. In the process we came to realize that *Money* really can't be separated from *Time*. I don't mean *Time* = *Money* in the traditional sense, but in a way that really shakes the foundations of how it controls our lives - how it creates a proverbial bondage. If *Time* = *Money*, then *Time Management* = *Money Management*™? And don't forget *Stuff*. Don't we work hard to trade our *Time* for *Money* to acquire *Stuff*?



What is Enough?™

What is Enough?† - Curriculum

Lesson One - Intro /Affluenza

What is Financial Integrity?
Connecting the Dots
Symptoms of Affluenza

Lesson Two - Consume'r'

From Citizen to Consumer
Your Lifeline
Is More Better, or Just More?

Lesson Three - Face Your Facts Now

a Life Rating Scale
I Want It All, Now!
The Fulfillment Curve

Lesson Four [Step 1] Make Peace with the Past

The Story of Stuff
Your Lifetime Earnings
True Forgiveness

Lesson Five [Step 2] Tracking Your Life Energy

What is Money?
What is Your Life Energy?
Hours Worked Weekly...Really?

Lesson Six [Step 3] Tracking Your Life Energy

Ø Budget = Cash Flow Awareness
The 99% Commitment
Spending Money = Pledging Energy

Lesson Seven [Step 4] Three Questions

What Was Your Childhood Dream?
Three Questions Can Change Your Life
Tracking Your Relationship to Time

Lesson Eight [Step 5] Making Progress Visible

Seeing Your Progress
Compound Compounding
Finding Your Freedom Point

Lesson Nine [Step 6] Value Your Life Energy

Conserve Your Life Energy
100 Ways to Save - WiEEKLY Tips
Practice Safe Spending

Lesson Ten [Step 7] Maximize Your Value

What is Work?
What is Retirement?
Why Do We Work?

Lesson Eleven [Step 8] Freedom Point

The Crossover Point
FINished Becomes FINite
FIT - Financially Independent Today!

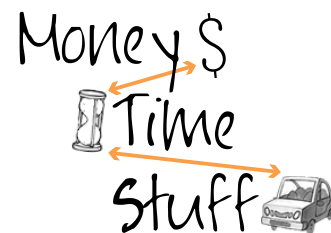
Lesson Twelve [Step 9] Location, Location, Location

The Four Pillars of Financial Education
FITness Training - Your Money Mind
What's Next? - Making Success a Habit



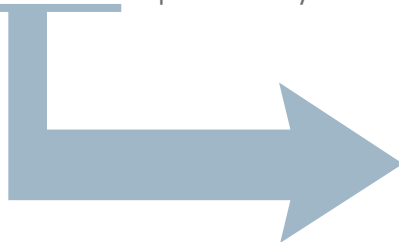
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Stuff is so connected to controlling our *Time* and *Money* that it is hard to see the forest for the trees. We have read books, articles, research reports, blogs, everything we could find, and organized them into a course that begins with 'What is Enough?' We were looking for a level of financial and personal bliss, and we have found it.

This may be the best investment you'll ever make in yourself! - see **the Outcome** reported by our students so far...



the Outcome -

Students completing the 'What is Enough?' lessons report:

- They get out of debt on their own terms, by understanding how debt really happens.
- They spend less by choice.
- They save more by choice.
- They base their transactions (getting, spending, investing and giving) on their own personal values.
- They get off the financial merry-go-round that rules their life.
- They achieve a degree of financial peace that allows them to spend more time with fulfilling activities.
- They have a new relationship with money, time and stuff.
- They feel greater control over their financial lives.
- They determine that 'enoughing' is a state of mind that permeates all their actions.
- They feel they can better model for their children what is truly important in life.
- They have a higher quality of work satisfaction.
- They want to teach these materials to friends, family members, and coworkers in study groups.

the Next Step -

Go to www.whatisenough.org and take the **Pledge to 'Enough'**. Enroll in the class, it takes less than one minute. We only ask you make a \$7 donation to begin your **12 Lesson transformation**.

What is Enough?

Part of the NIFE for LIFE Financial Education Series:
PROTECT - MASTER - UNDERSTAND - BALANCE

Contact:

National Institute of Financial Education

Phone: 919-688-8223 / Fax: 800-859-9508

www.niofe.org / www.whatisenough.org

inquiries: support@niofe.org



NIFE for LIFE
Financial Education
BALANCE SERIES