

# FINANCIAL DETOX

— 29 DAYS OF FOCUS —

FEB 1-29 | [TFOP.ORG/FAST](http://TFOP.ORG/FAST) **LEARN MORE**

**Weekly Prayer & Scripture Concentration**  
 Week 1: Financial Breakthrough  
 Week 2: Overcoming Financial Issues  
 Week 3: Ask God to renew your mind when it comes to money  
 Week 4: Give Praise & Thanks

SUN	MON	TUE	WED	THU	FRI	SAT
Visit <a href="http://tfop.org/fast">tfop.org/fast</a> and register for <b>BUDGETING 101</b> Feb. 6   7pm   FLC	<b>Did you know</b> Skip Lunch & Save \$2,860 Yearly \$220.00 Monthly \$55.00 Weekly	<b>Did you know</b> Skip Starbucks & Save \$1,040 Yearly \$80.00 Monthly \$20.00 Weekly	<b>READ</b> John 16:33 Philippians 4:11-19 Malachi 3:10, 1 Timothy 6:10	<b>READ</b> Luke 12:29-31 Proverbs 14:23 & 22:7		<b>1</b> Identify your Financial Goals & STOP spending
<b>2</b> Get Budget Manual @ <a href="http://tfop.org/fast">tfop.org/fast</a>	<b>3</b> Know how much you make	<b>4</b> Recruit an Accountability Partner	<b>5</b> Increase savings by 5-10% & automate it	<b>6 REGISTER</b> <a href="http://tfop.org/fast">tfop.org/fast</a> <b>BUDGETING 101</b> 7pm   FLC	<b>7</b> Limit using credit cards - even if you pay in full	<b>8</b> Tell your money where to go - track your spending
<b>9</b> Calculate your monthly profit	<b>10</b> Emergency Fund Check Up have at least \$1,000	<b>11</b> Open Savings Account	<b>12</b> Assign idle cash	<b>13</b> Think about refinancing	<b>14</b> Find something to sell in your garage or attic	<b>15</b> <b>TAKE A BREAK</b>
<b>16</b> Create a meal plan	<b>17</b> Re-examine "Memberships" and Subscriptions	<b>18</b> Join Rakuten (formerly Ebates)	<b>19</b> Sign up for Auto-Payments	<b>20</b> Find other sources of Income	<b>21</b> Get Help: Make an appointment with the Financial Ministry	<b>22</b> Read <i>Secrets of the Millionaire Mind</i> - Learn the origin of your money issues
<b>23</b> Check Life, Auto, Health Insurance, and see if you save money	<b>24</b> Create Monthly Budget/Income/Expenses Meeting for the rest of year	<b>25</b> Create a Gratitude Journal	<b>26</b> Continue working on Gratitude Journal	<b>27</b> Create Deadline for 2020 to Pay off Debt & Savings Goals	<b>28</b> Complete your Financial Game Plan for 2020	<b>29</b> Show Financial Game Plan to Accountability Partner & treat yourself!

THE FOUNTAIN OF PRAISE



## REFERENCES & TIPS

- **Pray** - Ask God to guide you on this financial journey. Ask Him to make clear the path that you need to take and the sacrifices that you need to make during this 29 Days of Focus. Proverbs 24:27 says, “put your outdoor work in order and get your fields ready; after that, build your house.” Use this time to get closer to God, plant seeds for a sustainably bountiful harvest, and get your house in order.
- **The Budget Manual** - Visit [www.tfop.org/fast](http://www.tfop.org/fast) to download the Budget Manual. Use it to put together a budget and get an in depth look at how to take control of your finances.
- **Recruiting Accountability Partner** - Find someone to walk with during this detox. Keep each other on track, saving and planning.
- **Increasing and Automating Savings** - Set up monthly withdrawals from your paycheck or move funds from account to account. Increase the amount that you save by 5-10%.
- **Limiting Credit Card Usage** - Try not to use credit cards for the month of February. If you do, use only 30% or less of the available balance.
- **Tell Your Money Where to Go** - The Budget Manual shows you how to manage your money. Create a budget for gas, food, entertainment and other things. Try not to exceed what you have allocated for each category.
- **Assigning Idle Cash** - If you have an extra \$50 apply it toward paying off debt or put it in savings. Instead of spending, do something productive with the funds that will benefit you and your financial goals.
- **Think About Refinancing** - If you’re currently financing a vehicle or home think about refinancing and shop around for better interest rates.
- **Re-examine “Memberships” and Subscriptions** - Write down all of the subscription services that you pay for and determine if there are any saving opportunities. Chances are you can get rid of a few of those pesky reoccurring charges.
- **Join Rakuten** - Visit [Rakuten.com](http://Rakuten.com) and sign up. They’ve partnered with over 2,500 businesses to provide you with cash back on items that you purchase through their partners. This is an easy way to save money on purchases that you make regularly.
- **Contacting the Financial Education Ministry** - Email us at [FinancialEducation@tfop.org](mailto:FinancialEducation@tfop.org) to schedule a meeting to discuss your finances or for someone on our team to contact you.
- **Purchase *Secrets of the Millionaire Mind* by T. Harv Eker** - This book explains how to identify your money blueprint and how it works. You’ll learn how to “revise” it to not only create success but, more importantly, keep and continually grow it.
- **Creating a “Gratitude Journal”** - Purchase a notebook and write down what you’re grateful for and what you want to bring to fruition in your life. Write down the things you want to invite into your life and research how you can make them a reality.
- **Devise Financial Gameplan** - Visit [www.tfop.org/fast](http://www.tfop.org/fast) and click on the “Financial Gameplan” link to start learning about developing great financial habits and how to achieve goals.