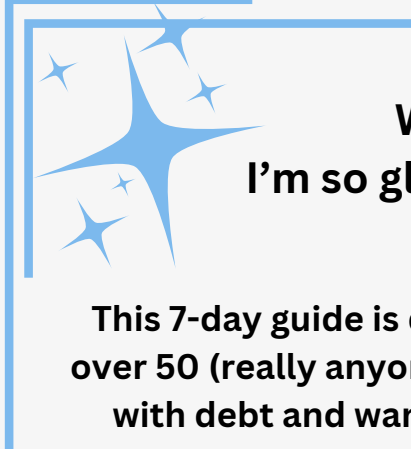


Own Your Finances

7-DAY
DEBT FREE
jumpstart



Practical Steps and Lessons to
Reach Debt Freedom



Welcome!
I'm so glad you're here...

This 7-day guide is designed to empower women over 50 (really anyone!) who are tired of struggling with debt and want a clear, actionable plan to regain control of their finances.

Each day focuses on a simple, specific step to build momentum, instill confidence, and lay the foundation for financial mastery.



Day 1: Own Your Financial Reality

Ojective: Get clear on where you stand.

- **Activity:** List all your debts: amounts owed, interest rates, and minimum payments.
- **Tool:** Debt Tracker worksheet (included in the guide).

Mindset Tip: *“Awareness is the first step to freedom. You can’t change what you don’t face.”*

Notes: _____

Day 2: Set Your Debt-Free Goal

Objective: Define your 'why' and commit to the journey.

- **Activity:** Write down what being debt-free will mean to you (freedom, peace of mind, etc.).
- **Tool:** Goal Setting worksheet to track your progress.

Mindset Tip: *“Debt-free living is not about deprivation; it’s about choosing freedom over fear.”*

Notes: _____

Day 3: Slash Spending Without Sacrificing Joy

Objective: Identify spending leaks and reclaim your money.

- **Activity:** Review last month’s expenses and categorize needs vs. wants.
- **Tool:** Spending Plan template (shifting from ‘budget’ to ‘intentional spending’).

Mindset Tip: *“Every dollar saved is a step closer to your dreams.”*

Notes: _____

Day 4: The Power of the Snowball / Avalanche

Objective: Choose a debt elimination strategy.

- **Activity:** Decide whether to use the Debt Snowball (smallest balance first) or Debt Avalanche (highest interest rate first).
- **Tool:** Comparison chart for both methods to choose the best fit.

Mindset Tip: *“Small, consistent wins build unstoppable momentum.”*

Notes: _____

Day 5: Build a Mini Emergency Fun

Objective: Create a financial cushion to prevent future debt.

- **Activity:** Start saving \$500–\$1,000 by setting a small weekly savings goal.
- **Tool:** Savings Tracker to visualize your progress.

Mindset Tip: *“An emergency fund is your shield against financial stress.”*

Notes: _____

Day 6: Maximize Your Cash Flow

Objective: Find extra money to accelerate debt payoff.

- **Activity:** Brainstorm ways to increase income (side hustles, selling unused items, etc.) and reduce bills (negotiating or cutting unnecessary expenses).
- **Tool:** Cash Flow Boosting Checklist.

Mindset Tip: *“Every extra dollar is a building block for your debt-free life.”*

Notes: _____

Day 7: Create Your Debt-Free Action Plan

Objective: Put it all together and start taking action.

- **Activity:** Map out the next 90 days with specific steps for debt reduction, spending control, and savings growth.
- **Tool:** 90-Day Debt-Free Planner.

Mindset Tip: *“The best way to predict your future is to create it.”*


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Take the Next Step Toward Financial Freedom!


Congratulations! You've taken an incredible step by completing the 7-Day Debt-Free Jumpstart Guide. Imagine how empowering it will feel to finally break free from debt once and for all! If you're ready to accelerate your progress and stay on track with expert guidance, a tool that will show you what to do, and support, the Debt Slayer Program is your next step.



This transformational program takes you deeper with step-by-step strategies, personalized resources, and accountability to help you eliminate debt faster than you ever thought possible. Join a community of women just like you who are reclaiming their financial power and building a brighter, debt-free future.

 [Ready to take control? Click here to join the Debt Slayer Program and start your journey to lasting financial freedom!](#)

Want to go it alone? No problem! Whether you're conquering debt, building savings, or planning your monthly spending, the Ultimate Financial Tracker Bundle will help you take control with confidence.

Featuring a Savings Challenge Tracker, Debt Payment Tracker, and Monthly Spending Plan—all designed to keep you motivated and organized every step of the way! Get your bundle today and make financial freedom your reality! 

[Grab the Tracker bundle Here](#)

