



FINANCIAL COACHING



Mini-Financial Coaching Break the Lack & Scarcity Mindset

Runs in Groups
Class Information



Enrollment:	<i>Scan For Dates</i>
Financial Coaching 2 Month Mini-Financial Coaching Series.	Two Ways to Participate \$50.00 Digital Content Only \$215.00 3: One-On-One Support Calls + Digital Content
Coach	Katie Hindahl <ul style="list-style-type: none"> • National Board Certified Health and Wellness Coach • Certified Success Principle Trainer • Certified Quantum Success Coach • Christian Coach • Nearly a decade of experience in behavioral health coaching • Over fifteen years studying human behavior
Content & Lesson Titles	Refer to the class content and syllabus.

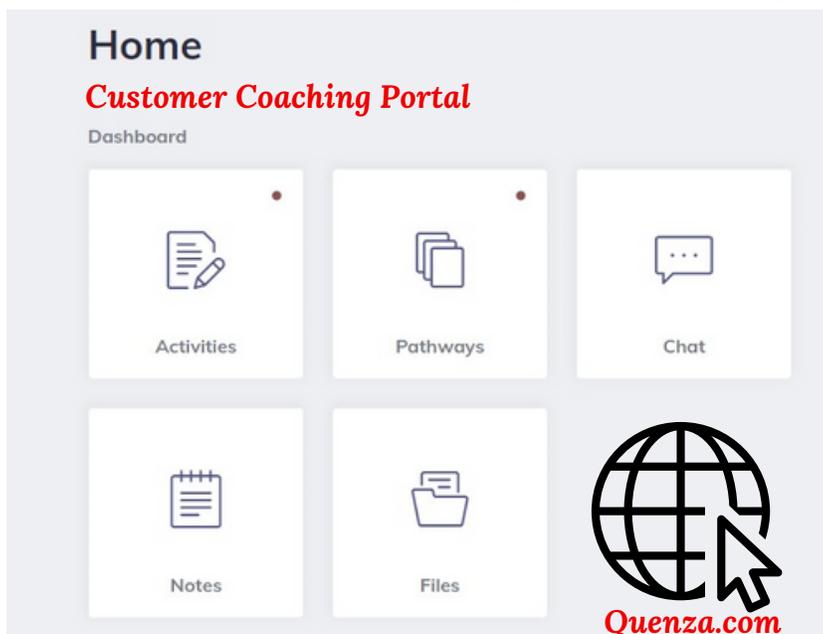
Bio

Coach Katie, a disciple of Jesus and a seasoned behavioral change coach, is here to serve, advocate, and support your desires to grow a stronger relationship with Jesus. Katie has successfully guided hundreds of personalized one-to-one coaching calls, facilitated thousands of group coaching classes, and engaged in countless digital coaching interactions to support ordinary people toward a better quality of life. R3 Revitalize birthed from God and inspired by a powerful dream, to plant 1 billion seeds of the hope and love only Jesus can provide. Offering a customer-centric professional coaching service that puts the customer first. Come see what God does with your finances when you spend 40-days in the wilderness with R3 Revitalize.

R3 Revitalize is Different Because

- We acknowledge that God's will is the root and plan for our existence.
- We acknowledge that Money is an element and tool for existing in modern culture.
- We acknowledge that the root of your emotional relationship to money drives choices, decisions, and action taken.
- We support breaking free from financial bondage and becoming an active steward of your resources.
- We acknowledge that God is the owner of all things.
- We believe we are entrusted by God to manage and be the best stewards we can be.
- We believe building awareness with autonomy supports deeper learning and creates better decision making.
- We enable the power of prayer and bible study in your learning.
- We support you with self-discover to solutions that can help you move from the financial black hole to a doable game plan for financial freedom.

Secure & Confidential Digital Coaching Portal



Coaching Portal Lessons: Financial Freedom Starts Here

- 1 **Day 1: Your Introduction to Financial Freedom**
- 2 **Day #2: The Wheel of Life. A Financial Footprint.**
- 3 **Day #3: Taking Active Financial Responsibility.**
- 4 **Day #4: Leaving the Comfort Zone to Manage Your Money Mindset.**
- 5 **Day #5: Motivational Analysis and The Discipline of Money.**
- 6 **Day #6: My Financial Values in Different Life Domains**
- 7 **Day #7: Exploring The Benefits of Changing Money Habits**
- 8 **Day #8: Preparing for change: Embrace Financial Empowerment**
- 9 **Day #9: Finding Silver Linings to Learn from Financial Mistakes.**
- 10 **Day #10: Positive Pre-Financial Coaching Change**
- 11 **Day #11: A Mindful Money Goal Focus**
- 12 **Day #12: My Financial Target and Accountability Plan**
- 13 **Day #13: Implementation Intentions Toward Financial Freedom**
- 14 **Day #14: Replacing Lack, Scarcity & Non-Grateful Thoughts. Philippians 4:8**
- 15 **Day #15: Financial Gratitude by Mental Elimination**
- 16 **Day #16: Gratitude Meditation. Colossians 3:16**
- 17 **Day #17: Spending Money on Others the Power of Giving!**

Coaching Portal Lessons: (Continue)

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- 18 Day 18: Changing Unhelpful Thoughts About Money
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- 19 Day #19: Unhelpful Thinking Styles- Jumping to Conclusions About Money
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- 20 Day #20: Unhelpful Thinking Styles- Money Magnification and Money Minimization
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- 21 Day #21: Unhelpful Thinking Styles- Money Anxiety & Emotional Reasoning
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- 22 Day #22: Unhelpful Thinking Styles- Money: "Shoulding" and "Musting"
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- 23 Day #23: Unhelpful Thinking Styles- Fortune Telling: Philippians 4:6-7
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- 24 Day #24: Unhelpful Thinking Styles- Money Personalization
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- 25 Day #25: Unhelpful Thinking Styles- Mind Reading
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- 26 Day #26: De-catastrophizing a Financial Situation.
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- 27 Day #27: A financial check point
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- 28 Day #28: Spending Mentally Part 1
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- 29 Day #29: Spending Mentally Part 2
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- 30 Day #30: Spending Mentally Part 3
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- 31 Day #31: Spending Mentally Part 4
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- 32 Day #32: Spending Mentally Part 5
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- 33 Day #33: Spending Mentally Part 6
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- 34 Day #34: Spending Mentally Part 7
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Coaching Portal Lessons: (Continue)

- 35 Day #35: Physical Actions With Spending

- 36 Day #36 Financial Deal-Breakers

- 37 Day #37: Realizing Long-Lasting Financial Change by Setting Process Goals

- 38 Day #38: Financial Strengths - Then and Now

- 39 Day #39: Your Winning Financial Vision

- 40 Day #40: R3 Revitalize Financial Graduation & Your Next Steps

***“Sloth makes you poor;
diligence brings wealth”
Proverbs 10:4 (NIV)***

Action Points Checklist

- SCHEDULE YOUR FIRST COACHING CALL** at www.r3revitalize.com (OPTIONAL)
- Pick the way you want to participate: **OPTIONS**: Digital | 1-2-1 + Digital
- Pay at www.r3revitalize.com
- Expect an email from Katie Hindahl with an invitation to log into your coaching portal.
- Expect a welcome phone call from Coach Katie at 727-265-1246 to support you with technology questions, help you get logged in, and answer any questions you have.

Summary

This is a 2-month Financial Coaching series. You will get to learn why do you do things you do and why other people do the things they do. The Bible is designed to help us navigate life and having context for human behavior helps enhance the Bible experience. R3 Revitalize does not treat, diagnose, or prescribe medical advice, psychological advice, psychiatric advice, or therapy. If additional professional support is needed for mental health concerns, or medical advice is needed, R3 Revitalize is responsible for referring you for appropriate support and counsel, including your PCP, for medical advice. Professional coaching meets you where you are at and supports you in moving toward your goals.

