

# The 5-Minute Financial Planning

that can help you save \$1,000s each year & turn your money into wealth!

*An easier, faster, & smarter way to strategize & maximize your money!*

## Tracking your spending in a more meaningful way

Tracking your spending, by nature, tends to be boring and difficult. However, approaching your finances in a way that allows you to learn about your money as well as improve your planning skills can make a HUGE increase to your bank account every single year and help you attain extraordinary amounts of wealth. To successfully maximize your money, it is crucial to understand the "Daily Activities/Events" that trigger the use of your money. In other words, writing daily "FINANCIAL WORKOUTS" that include every single activity/event that makes you use money will be the key to saving BIG every single year and accumulating the wealth you desire.



## Pay attention to the behavior that triggers the spending

How can writing financial workouts that include the daily activities/events that require the use of money help you save money every year and accumulate wealth? Consider someone spending \$9 on lunch every single day at work. The "daily activity" here is "lunch at work." The fact that money was spent makes reevaluating the activity worthwhile.



Why? Well, let's do the math. If \$9 is spent every day, this means \$180 a month, which translates to \$2,160 per year. After 10 years, you would have spent \$21,600 on lunch at work alone. Would \$21,600 make you feel more financially secure if you had saved this money? Absolutely! What about all the other daily activities/events that can take place every single day of your life? For example: buying a cup of coffee, renting videos, going to school, dinner with family, daily breakfast, car washing, fixing home plumbing, going to the movies, birthday parties, online shopping, pumping gasoline, grocery shopping, sports events, holidays, going to the mall, hobbies, bill paying.

How many activities/events require you to use money on any given day or month? How much do you use for each activity/event? Could you have avoided some or lessen the cost of each activity/event?

## Identify behavior that brings you the most satisfaction

Spend most of your money, time, and energy on activities/events you care about the most. Ultimately, this is THE reason why you work so hard. You must prioritize your goals and remain vigilant in achieving those goals. Goals that tend to bring people most satisfaction include spending more leisure time with spouse or children, spending money on kids' education/extracurricular activities, taking a vacation trip once a year, saving for a business venture, saving for a dream home, planning for a comfortable retirement, eliminating unnecessary debt, investing more on personal and professional growth, participating in humanitarian or community causes, making contributions to church or non-profit organizations, taking on hobbies, etc.



## File those daily "financial workouts" for future planning

Why do you need to keep a daily record of "financial workouts"? First, it pays off to be aware of the activities/events you do not care about, which must be eliminated or reduced immediately. For instance, if you spend money on something you do not care about, not only are you spending money but you are also spending the energy and time it took from you to make this money. To quickly improve your financial situation or increase your wealth, the FOCUS should be on how and how much money you spend rather than on how much money you make. Think about it. If you waste your precious resource (MONEY) on something you don't really care about, it can mean you putting extra hours at work to make more money, your inability to do the things you love to do the most, and even financial failure!



Second, since life changes everyday and new events can create more expensive lifestyles, you must know which activities/events must be eliminated or replaced in order to prepare for your "higher" lifestyle. For instance, if you get married, buy a home or a car, have a child, or simply just upgrade the place you live in, you must know which daily activities must be eliminated in order to handle your new financial responsibilities as well as continuing to save money.

Lastly, the most important reason is to SAVE BIG. Since your "financial workouts" contain crucial information about what's important to you and the money you spend, you must improve your planning skills every day to use less money. Without this crucial information it makes planning harder, more time consuming, complicated, ineffective, and you may even end up spending more money. The proactive approach to managing money and past experiences will help you anticipate and plan better for future activities/events that will require the use of money. With careful planning and by spending your money on what you care about the most, you will save a lot of money every year.

## Be aware of expensive technology or complicated budgeting systems

Let's illustrate an example. If you needed to save \$500 every single month (or \$6,000 p/y) to achieve a financial goal, do you have the "right" financial information to help you accomplish this goal? Do you have the financial mindset to set up and stick to a financial plan? How long will it take you to figure out the steps you need to take in order to create a plan? What if your financial situation unexpectedly changes and you need to modify your plan? How would you effectively re-evaluate your plan in order to achieve your goal?

The convenience of technology is good. However, when it comes to your money, that convenience can have an expensive price tag, can complicate things for you, can require you to spend more time, and can even discourage you from doing effective planning. Why? Automating the planning process makes you ***overlook***, ***minimize***, ***underestimate***, and ***be unaware*** of the daily activities/events that make you use money, which prevents you from applying the needed financial discipline to save money and build wealth. If the objective is to save money and build wealth, the consistent re-evaluation of the daily activities/events that require the use of money is ***necessary***.



Therefore, it is imperative to create a daily financial planning habit to achieve desired financial results. The big PAYOFF will be the achievement of your goals, financial security for you and your family, and financial independence.

## The money formula for financial success

Does it seem like a lot of work? The good news is that it only takes FIVE MINUTES a day to compile this crucial information and a MONEY FORMULA to follow. Here is the money formula to achieve financial success:

$$\text{Daily Activity/Event \& Live Event} + \text{Money} \left[ \begin{array}{l} \text{Spend/Invest + Save} \\ \text{(On what you care about the most)} \end{array} \right] = \text{Cash Flows} = \text{Wealth Grows}$$



***Wealth Grows When Your Cash Flows*** money formula will help guide you in achieving financial independence. The importance of this money formula is "Cash Flows" because it assumes that your money is NOT wasted (see page 4). This assumption requires being aware of the daily activities/events that require the use of money, that proper and effective planning was exercised, that existing priorities/goals were taken into account, that less costly alternatives were taken into consideration, and that the risk-reward factors were carefully evaluated and measured to avoid costly financial mistakes. Not only will your savings increase SIGNIFICANTLY every year, but your knowledge, planning skills, and money management experience will also be enhanced, which will help protect you from the unexpected financial and life's challenges such as losing your job, experiencing an illness or accident, or even facing divorce.

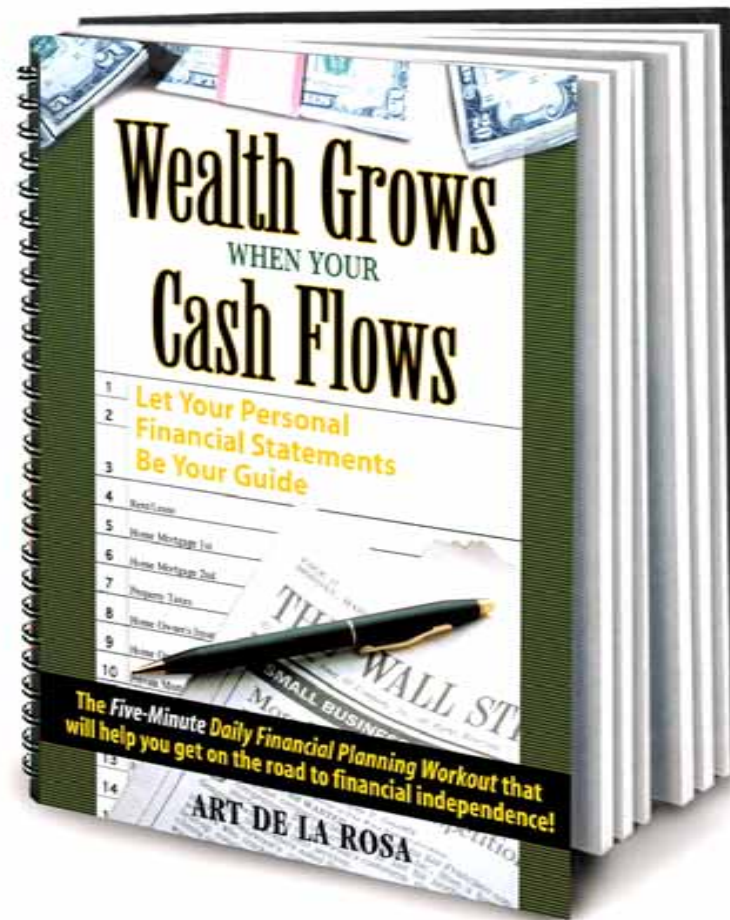
**Wealth Grows When Your Cash Flows™** book features the **Five-Minute Daily Financial Planning Workout™** to help you:

- Discover what makes your cash disappear
- Find out your existing financial situation
- Identify what you care about the most and establish goals
- Personalize and follow a financial plan to save more money
- Eliminate unnecessary debt and manage debt
- Understand your financial condition at all times
- Improve your planning skills to accomplish your goals
- Acquire the mindset to achieve financial success

*Wealth Grows When Your Cash Flows* will help you be aware of the factors that affect your money and understand your money, create savings and build more wealth to accomplish financial security, and guide you in your quest to achieving financial independence.

To learn more, log on to:

[www.DeLaRosaFinancialPlanning.com](http://www.DeLaRosaFinancialPlanning.com).



## About the Author



Art De La Rosa is founding principal of De La Rosa Financial Planning, a financial services firm offering “Fee-Only financial planning and advice for everyday life.” To enhance his independent Fee-Only practice, Art is a member of The Garrett Planning Network (GPN), a nationwide network of Fee-Only financial planners with a common goal: To provide professional, unbiased financial planning and advice to people from all walks of life.

Art’s vision does not stop here. Mr. De La Rosa authored the *Wealth Grows When Your Cash Flows* book. Art believes that with strategic daily planning, people can attain extraordinary amounts of wealth. Through his guide, Art hopes to encourage readers and clients to create planning habits that will allow them to create savings, build more secure financial futures, and become financially independent.

Mr. De La Rosa was recently profiled and made front page in the business section of the Whittier Daily News, the Pasadena Star News and the San Gabriel Valley Tribune newspapers for his commitment to helping people increase their wealth. To read the complete article, log on to [www.delarosafinancialplanning.com](http://www.delarosafinancialplanning.com).

While attending college, Art worked for Paramount Pictures as a Financial Analyst. He graduated from the University of Southern California with a degree in Business Administration (concentrating in accounting and finance). Art has also served as financial advisor for WM Financial Services and Banc of America Investments Services firms.

His desire, vision, work experience, dedication, and concept of managing money has allowed him to create systematic, smarter, and more effective strategies for increasing wealth. This is exactly what he shares with his clients! To learn more information about his seminars on building wealth, log on to [www.DeLaRosaFinancialPlanning.com](http://www.DeLaRosaFinancialPlanning.com).