

# CONTENTS

Foreword by Gary Zimak .....	xi	
Introduction .....	1	
Part 1: Six Big Ideas for Financial Freedom:		
Mindsets Matter .....	9	
One: Take Stock and Dream Big .....	13	
Two: Be a Good Steward for Life .....	27	
Three: Become an Intentional Spender .....	43	
Four: Practice Contentment .....	57	
Five: Be Generous .....	69	
Six: Choose to Trust .....	83	
Part 2: Four Essential Skills: Making It Practical .....		97
Seven: Budget for Life .....	101	
Eight: Eliminate Debt .....	111	
Nine: Save for What You Want .....	127	
Ten: Raise Independent Kids .....	139	
Conclusion .....	153	
Acknowledgments .....	159	
Notes .....	163	
Recommended Resources .....	165	
Index .....	167	