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# **Your Money or Your Life Summary PDF Cheatsheet —**

## [GrowthSummary.com](https://GrowthSummary.com)

**?? 1. Value Savings as the Path to Freedom: Recognize how escaping the cycle of endless debt opens the door to financial freedom.**

We've been taught that debt equals freedom, but in reality debt makes us trapped and scared. Instead, savings equal freedom. Our #1 goal in the short term must be 6 months of emergency savings, and in the long term enough passive income to live without needing to work.

**? 2. Embrace 'Enough' Over 'More': Learn to identify the point of enough in consumption, avoiding the trap of perpetual wanting.**

We all say money doesn't bring happiness, but our actions tell a different story. Many of us fall into habits of spending our money on things that not only don't bring us joy, but actually add unhappiness to our lives because of the added clutter.

**? 3. Treat Money as Life Energy: Understand that money represents your precious, irreplaceable life energy – and deserves careful management.**

Money is not just paper or digital bits, money is your life energy, which is limited and irreplaceable! Being frugal means taking care of our life energy, by spending it wisely to get maximum fulfillment. The first step is getting in touch with what we find truly important.

**? 4. Calculate Your True Wage: Consider the hidden costs of your job to determine its actual financial benefit.**

What are you trading each hour of life energy for? Start with the number on your paycheck, then add additional hours you spend because of your job, then add additional expenses because of your job. Then you'll know how your "real hourly wage."

**? 5. Let Go of Financial Regrets: Reflect on past financial decisions with "no shame, no blame" – embracing a mindset of learning and growth**

Seeing our financial past with clarity is the best way for us to begin getting on the right track. We can do this by calculating our lifetime earnings and then our current net worth. If bad feelings come up, remember 'No shame, no blame.'

**? 6. Raise Your Financial Awareness: Keep a close watch on how you spend your life energy (money), promotes mindful spending**

Writing down where money is flowing in your life, so that your awareness increases, which will slowly but automatically improve your future behavior. Write down all your daily purchases and analyze them monthly to find out where your spending does not align with your values. Finally, make a monthly wall chart that shows how your income and expenses change over time.

**? 7. Use Investing to Achieve Freedom: Transform your savings into workers for your financial independence**

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To achieve financial freedom, your income from investments must become higher than your expenses. 30 years ago, the author retired by investing in US bonds, but today they aren't as good so you may need to look at stock index funds.

## **This is just a sample!**

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