

Life's Wealth Quest

The 6-Day Wealth Journey Challenge Book

A Guided Challenge to Redefine Wealth, Find Purpose, and Build Your Path to Freedom

Day 1 – Redefine Wealth

“Wealth is not about having a lot of money; it’s about having a lot of options.” – Chris Rock

Focus: Lesson: Redefining Wealth (It’s More Than Money)

Activity:

Activity: Write your personal definition of wealth in one sentence.

Reflection:

Reflection Prompt: What would my life look like if I was wealthy in money, time, and emotional peace?

Day 2 – Discover the 3 Pillars

“Don’t let making a living prevent you from making a life.” – John Wooden

Focus: Lesson: The 3 Pillars of Personal Wealth

Activity:

Activity: Rank the 3 pillars by importance for your life stage.

Reflection:

Reflection Prompt: Which pillar do I need to strengthen most right now, and how?

Day 3 – Calculate Your Freedom Number

“Financial freedom is not a dream; it’s a decision.” – Anonymous

Focus: Lesson: Calculate Your Freedom Number

Activity:

Activity: Fill out the Freedom Number Budget Worksheet.

Reflection:

Reflection Prompt: What’s one step I can take this week to get closer to covering my Freedom Number with passive income?

Day 4 – Create Your Wealth Vision

“The future belongs to those who believe in the beauty of their dreams.” – Eleanor Roosevelt

Focus: Lesson: Create Your Wealth Vision

Activity:

Activity: Write your Wealth Vision Statement. Bonus: Start a vision board.

Reflection:

Reflection Prompt: If I lived this vision now, how would I spend tomorrow differently?

Day 5 – Find Your Why

“He who has a why to live can bear almost any how.” – Friedrich Nietzsche

Focus: Lesson: Find Your Why

Activity:

Activity: Complete the 5 Whys exercise and write your final Why Statement.

Reflection:

Reflection Prompt: How does my Why give me energy when things get hard?

Day 6 – Set Your Guiding Wealth Goal

“A goal properly set is halfway reached.” – Zig Ziglar

Focus: Lesson: Set a Guiding Wealth Goal

Activity:

Activity: Write a SMART Wealth Goal and break it into milestones.

Reflection:

Reflection Prompt: What's my first milestone, and what will I do this week to move toward it?

Bonus Wrap-Up Challenge

At the end of Day 6, record a 1-minute video or write here: 'What does wealth mean to me now, and what first step am I committed to taking?'
