

Life's Wealth Quest

Lesson 1 Workbook: Defining Wealth

Topic 1: Redefining Wealth (It's More Than Money)

Wealth is not just a bank balance. It's the ability to live life on your terms — with freedom, security, and fulfillment. Money alone can't buy time, health, or meaningful relationships. True wealth blends financial stability with time and emotional well-being.

Action Step: Write your personal definition of wealth below:

Topic 2: Net Worth vs. Cash Flow

Net Worth is the total value of everything you own minus what you owe. It's a snapshot of your overall financial position. Cash Flow is the money moving in and out each month — your financial heartbeat. Healthy wealth means growing both your net worth and your cash flow.

Calculate Your Net Worth:

Assets	Amount
Liabilities	Amount
Total Assets	
Total Liabilities	
Net Worth	

Calculate Your Monthly Cash Flow:

Income Sources	Amount
Expenses	Amount
Total Income	
Total Expenses	
Cash Flow	

Topic 3: True Wealth = Freedom of Time, Choice, and Purpose

True wealth is about having control over your time, the freedom to make choices without financial constraint, and the ability to live with purpose. Money without time can feel like a trap, and money without purpose can feel empty. When you have all three — time, choice, and purpose — you have true wealth.

Action Step: Write one sentence for each:

If I had complete freedom of time, I would...

If I had complete freedom of choice, I would...

If I had complete freedom of purpose, I would...
