



PROGRAM GUIDE

Welcome to 40 Days to Financial Freedom!

This 'playlist' of sorts will take you from wherever you are now to a healthier, peaceful place with your money one small step at a time in about 6 weeks. You'll watch some lessons from The Catholic Money Course, listen to some episodes of The Catholic Money Show podcast, and complete some exercises along the way. You're entire financial life won't be totally renewed in only 40 days, but following this guide will not only get you off to a great start, but also help you see quite a difference in a short time.

Note: While we give you something to do each day, feel free to do a few at a time to get ahead or catch up, depending on your needs. There are only 6 days per "week:" this gives you a "day off" each week. And while the dates below are for Lent 2024, you can follow this guide anytime: simply ignore the dates and make budgets at the end of the month.



Getting Started

SET THE STAGE FOR TRANSFORMATION



DAY 01

What is Financial Freedom?

What are we even trying to do here?

[LISTEN NOW | WALLETWIN.COM/40-01](#)



DAY 02

The WalletWin Method

An easy-to-follow, step-by-step process for financial peace.

[WATCH NOW | WALLETWIN.COM/40-02](#)



DAY 03

The Financial Phase Finder

Where are you and what's your best next step?

[FIND OUT NOW | WALLETWIN.COM/40-03](#)



DAY 04

Welcome to Money Mindset

A quick introduction to the topic we'll be digging into next.

[WATCH NOW | WALLETWIN.COM/40-04](#)

Helpful Resources

Even as you begin, you have *full access* to everything inside Catholic Money Academy. A few of the gems waiting for you inside:

MONTHLY **LIVE**

Q&A

YOUR QUESTIONS ANSWERED

SIDE HUSTLE
Spotlights

QUICK INCOME BOOSTS

WinTrackers

SEE YOUR PROGRESS

You can find these resources and more inside the Catholic Money Course Members' Site. To discover them and more, head over to courses.walletwin.com and check out the Members' Hub.

If too many options might overwhelm you, feel free to hold off on checking these out until after these 40 days.



What is Money?

UNCOVER YOUR MONEY MINDSET

This week, you'll continue to dive into what money truly is and how you interact with it. If married or in a serious relationship, this week's topics can be a great source of conversation and discovery in your relationship.



☐ DAY 05

Is Money Bad?

At its root, is money bad?

[WATCH NOW | WALLEWIN.COM/40-05](https://wallewin.com/40-05)



☐ DAY 06

Is Money Good? Is Money Important?

Is money fundamentally good? Should we even care?

[WATCH NOW | WALLEWIN.COM/40-06](https://wallewin.com/40-06)

Note: Today is 2 videos: Watch the first at the link, then click next.



☐ DAY 07

Your Money Mindset

What makes up the way you view money?

[WATCH NOW | WALLEWIN.COM/40-07](https://wallewin.com/40-07)



☐ DAY 08

Family History with Money

How does your past influence your present?

[WATCH NOW | WALLEWIN.COM/40-08](https://wallewin.com/40-08)



☐ DAY 09

Personal History, Financial History Inventory

Take a few moments to examine your past with money.

[FIND OUT NOW | WALLEWIN.COM/40-09](https://wallewin.com/40-09)



☐ DAY 10

What's Your Financial Personality?

How does the way God made you influence your finances?

[FIND OUT NOW | WALLEWIN.COM/40-10](https://wallewin.com/40-10)



The B Word

MAKE THE PLAN, LIVE THE PLAN, SEE RESULTS

Budgeting is the key financial habit to making progress with your money. This week, you'll learn all about budgeting and get your plan together for next month.



☐ DAY 11

What is Budgeting?

A monetary juice cleanse or essential habit for financial freedom?

[WATCH NOW | WALLEWIN.COM/40-11](https://wallewin.com/40-11)



☐ DAY 12

How to Budget

It's a *lot* easier than you might think...

[WATCH NOW | WALLEWIN.COM/40-12](https://wallewin.com/40-12)



☐ DAY 13

5 Common Budgeting Pitfalls

Why most people fail and how to avoid doing so yourself.

[WATCH NOW | WALLEWIN.COM/40-13](https://wallewin.com/40-13)

☐ DAY 14

Make Your March Budget

Let's make a plan for next month!

[SIT DOWN AND DO IT NOW!](#)

☐ DAY 15

Budget Party

If you haven't done it yet, get together and make that plan!

[SIT DOWN AND DO IT NOW!](#)

☐ DAY 16

Finish Setting Up Your Budget

Get your system ready to go!

[SIT DOWN AND DO IT NOW!](#)



You and Money

GAIN GREATER UNDERSTANDING

You'll finish up diving into You and Money this week, learn about insurance, and come out the other side more confident.



☐ DAY 17

4 Mistakes that Keep Couples Strained and Drained

Essential for married couples.

[WATCH NOW | WALLETWIN.COM/40-17](https://www.walletwin.com/40-17)



☐ DAY 18

Finding Your WHY

Understand the deepest reasons for transforming your finances.

[WATCH NOW | WALLETWIN.COM/40-18](https://www.walletwin.com/40-18)



☐ DAY 19

What is Insurance and Do You Need It?

How do you shift risk away from yourself and your loved ones?

[WATCH NOW | WALLETWIN.COM/40-19](https://www.walletwin.com/40-19)



☐ DAY 20

Insurance Dos and Don'ts

Protecting yourself and your family without getting ripped off.

[WATCH NOW | WALLETWIN.COM/40-20](https://www.walletwin.com/40-20)



☐ DAY 21

What if Padre Pio was Your Financial Advisor?

What might this saint tell you to do with your money?

[LISTEN NOW | WALLETWIN.COM/40-21](https://www.walletwin.com/40-21)

☐ DAY 22

Money Date

Spend some time with your spouse going over the 4 mistakes guide. If single, spend some time diving deeper into your mindset.

[SIT DOWN AND DO IT NOW!](#)



Saving for a Rainy Day

PREPARE FOR WHAT IS TO COME

Life can get pretty crazy and throw us for a loop. If you're prepared for these loops, they can hurt less and feel more like a bump in the road rather than a bottomless pit of despair.



☐ DAY 23

Rainy Day Fund to the Rescue

Building a buffer between you and life.

[WATCH NOW | WALLETPIN.COM/40-23](https://walletpin.com/40-23)



☐ DAY 24

Your Starter Rainy Day Fund

How to get started building your fund.

[WATCH NOW | WALLETPIN.COM/40-24](https://walletpin.com/40-24)



☐ DAY 25

1 Month to \$1K

Let's get that Starter Rainy Day Fund built up quickly!

[WATCH NOW | WALLETPIN.COM/40-25](https://walletpin.com/40-25)

☐ DAY 26

Money-Making Action: 20 Minutes

Take some time (20 minutes?) to put a 1M\$1K idea into action.

[SET A TIMER AND GET TO WORK!](#)

☐ DAY 27

Budget Check-in

You're halfway through the month! How's your budget doing?

[CHECK IT OUT AND MAKE ADJUSTMENTS AS NEEDED](#)

☐ DAY 28

Money Making Action: 60 Minutes

Take some time (an hour, maybe?) to put a 1M\$1K idea into action.

[SET A TIMER AND GET TO WORK!](#)



Month Ahead

KISS PAYCHECK-TO-PAYCHECK GOODBYE

The vast majority of Americans live paycheck-to-paycheck, no matter their income. Learn how to get off this hamster wheel and greatly increase peace in how you handle your money.



☐ DAY 29

Trusting God vs Financial Planning

Do insurance, savings, and the like negate trusting God?

[LISTEN NOW | WALLETWIN.COM/40-29](https://www.walletwin.com/40-29)

☐ DAY 30

Money-Making Action: 20 Minutes

Take some time (20 minutes?) to put a 1M\$1K idea into action.

[SET A TIMER AND GET TO WORK!](#)



☐ DAY 31

3 Saints to Pray to in a Financial Pinch

Sometimes, you need a little help from friends above.

[LISTEN NOW | WALLETWIN.COM/40-31](https://www.walletwin.com/40-31)



☐ DAY 32

Getting a Month Ahead

Let's stop the Paycheck-to-Paycheck Cycle

[WATCH NOW | WALLETWIN.COM/40-32](https://www.walletwin.com/40-32)



☐ DAY 33

Making the Transition

How to get off the hamster wheel.

[WATCH NOW | WALLETWIN.COM/40-33](https://www.walletwin.com/40-33)

☐ DAY 34

Make Changes to Insurance

Need to add, remove, or shop for better coverage? Do it today.

[PICK A FEW POLICIES TO REVIEW AND GET IT DONE!](#)



Generosity

MAKE THE PLAN, LIVE THE PLAN, SEE RESULTS

“When what necessity demands has been supplied, and one's standing fairly taken thought for, it becomes a duty to give to the indigent out of what remains over.”

-Pope Leo XIII



☐ DAY 35

Why You Shouldn't Tithe

Is 10% best for you?

[LISTEN NOW | WALLETWIN.COM/40-35](#)



☐ DAY 36

How Much Should I Give?

Our generous are you called to be?

[WATCH NOW | WALLETWIN.COM/40-36](#)



☐ DAY 37

Keeping Wealthy Healthy

Helpful tools from the Church to manage money well.

[WATCH NOW | WALLETWIN.COM/40-37](#)



☐ DAY 38

Leaving a Legacy

How will money play into the mark you leave in the world?

[WATCH NOW | WALLETWIN.COM/40-38](#)



☐ DAY 39

Method + Phase Finder

Let's check in and see where you are now.

[WATCH NOW | WALLETWIN.COM/40-39](#)

☐ DAY 40

Make Your April Budget

April begins tomorrow! Let's get that budget ready!

[NEW MONTH, NEW BUDGET!](#)



☐ DAY 41+

Continue with Catholic Money Academy

The rest of the Phases and Milestones await!

[WATCH NOW | WALLETWIN.COM/40-41](#)