

ONE BADASS LIFE

January 2014 Podcast Lineup and Resources

New Beginnings

The new year brings new hope and new beginnings. It's a chance to reflect on the past, be thankful for progress made, and to resolve to make this year even better. We're excited to bring you resources that do just that.

Coming in February

Family - Learn a bit about social media including the one your kids don't want you to know about

Finance - Get tips on how to spend thousands less on groceries

Fun - Discover fun places that are easy on the wallet

Freedom - Prepare for that career move you've been



Family - Ignite Your Marriage

The launch of the One Badass Life podcast wouldn't be complete without tips on how to keep your marriage interesting and build a strong relationship. If you can get past the few short minutes about our family, you'll be rewarded with simple strategies that can save you hours of sitting with a marriage counselor.

Resources mentioned in this podcast include:

Cozi: This free website and app helps manage the family calendar, to do, journal, and shopping list. We couldn't manage our gazillion activities without it. More at: www.Cozi.com

My Job Chart: This free website and app helps encourage kids to earn their spending money. Points are accumulated when they complete chores. They can redeem them through mom or dad for items they want to purchase. More at www.Myjobchart.com

Zombie Tag Premium Content:

Zombie tag is a hip new game that can be played outdoors with kids from age 5 and up.

This premium download is available for free until February 28, 2014. After that date it will only be available to our Badass members. Download it at

www.OneBadassLife.com/Resources and learn more about our badass membership as well.



Finance - The Road to Debt Free Living

The road to debt free living starts with acknowledging your debt, making a decision to stop, identifying why you make purchases, making a plan to get out of debt, and living a debt free life.

Resources mentioned in this podcast include:

Mint: This free website and app helps you create and manage a budget. It also provides tips to help you improve. More at www.Mint.com

Fun - Operation Fun: Kid's Night Out

Kids night out is a special time for you to spend time with your child on an individual basis. It's a great time to learn more about what's really going on, what they like or dislike, strengths or areas for improvement, recent wins, and challenges that they need your help to overcome. We share tips on how to keep events interesting without blowing the budget, and share conversation starters that will help you initiate the conversation.



Resources mentioned in this podcast include:

Conversation Starters Premium Content: Sometimes it's hard to figure out what to talk about. These conversation starters will help you start conversation with your child. This premium download is available for free until February 28, 2014. After that date it will only be available to our Badass members. Download it at www.OneBadassLife.com/Resources and learn more about our badass membership as well

Freedom - Building a Passive Income Business

There's nothing like bringing in a little extra money on the side. In this podcast we share ideas on what you can do to build a passive income including how to do it alongside of a career. If you're looking for information on how to get started this episode is for you.

You Matter to Us

Our goal is to create insightful content with actionable steps that you can use immediately to live the life you deserve. Let us know what you want to learn about. Email us at: lonny@OnebadassLife.com or tracie@OneBadassLife.com

Tell a Friend

The only way we know we're doing a good job is if you tell us. The biggest compliment that you can give us is a referral. Forward this resource guide to a friend today.

Remember to live... One Badass Life.

See you next time,

Lonny and Tracie Rollins

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