

ONE BADASS LIFE

February 2014 Podcast Lineup and Resources

Love is in the Air

It's February and love is in the air! This month we're celebrating Valentine's day with some great resources that will help you stay connected, save money, have fun, and tactfully tell your boss to suck it.

Coming in March

Family - Learn how to get your kids to LOVE doing chores.

Finance - Get tips on how to spend thousands less on your vacations.

Fun - Making spring break fun at home.

Freedom - Job searching strategies that really work.



Family - A Teen's Perspective on Social Media

If you have teens, it's likely that they engage with their friends though social media. In this podcast we share the top social media sites that teens are using, why they're using them, and how you can keep in the know. We also share the five things you should not be doing as well as the secrets that your kids don't want you to know about!

The Busy Parent's Guide to Social Media - Free!

We have a special giveaway for you this month. Be sure to visit our website to learn how you can get your free copy of A Busy Parent's Guide to Social Media. Learn more at:

www.OneBadassLife.com/Resources.



Finance - Spend Thousands Less on Groceries

Groceries can dominate your budget. In the last four years people have increased their spending on groceries by 17%. According to the USDA, the average household budget in the United States is \$150-\$200 per week. That's \$7,800-\$10,400 per year! Listen to this podcast to learn how we got ours down to about \$50-\$75 per week.

Save Thousands on Groceries Premium Content:

There are three different sites that you must take the time to investigate if you truly want to save thousands on your grocery bill. These are ad



matching, coupon, and rebate sites. This download will give you all of site that Tracie uses to help put together our master shopping list. This premium download is available for free for a limited time. After that, 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.

Fun - Discover Fun Places That Are Easy on the Wallet

There are so many things you can do without spending a fortune. From visiting the local parks to the matinee movies, there are thousands of fun things waiting for you in this podcast.

Freedom - Tell Your Boss to Suck It!

Is it time to move on? Not so fast! You know it's time for a career move, but are you truly ready? Listen to this podcast and start planning for the day that you'll tell your boss to suck it.

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

www.OneBadassLife.com