

ONE BADASS LIFE

March 2014 Podcast Lineup and Resources

Spring Break Time!

March brings all the fun around Spring Break! We will be focusing on our four Fs with an eye on vacations, having fun even when you are going anywhere as well as making the first steps to give yourself freedom with your career.

Coming in April

Family - Save Your Marriage with Date Nate!

Finance - Your Badass Guide to Tax Season.

Fun - Staying Ahead of Your Fun-Filled Summer Starts Now!

Freedom - Make Your Interviewing Skills Awesome!



Family - How to Get Your Kids Asking to do Chores

Do you struggle with getting your kids to do help with chores around the house? Maybe you can get them to help, but it becomes more of a headache for you because your kids lack the drive to do a good job. In this episode, we discussed just that. As parents, we must help our kids build good habits. Our three step approach has us in an enviable position of having our kids ASK us to do chores.

There are many resources out there to engage your kids with their chores. We like to us www.myjobchart.com. Check it out. They have done a great job integrating with smartphones too!

Finance - Rock Your Vacation and Afford It!

It's spring break season! Time for a much needed vacation. We always want the best vacation, free of stress and full of fun. However vacationing can be very expensive. Are you concerned on how you are going to afford everything you want to do? In this episode, we discuss three factors to achieve an affordable vacation.

Fun - Making Spring Break Fun at Home!

There will be years that for one reason or another, your family won't have a vacation planned. This doesn't mean that your family still can't have fun. You just need to be creative. Tune in to hear our three keys to a fun spring break at home.

Freedom - Job Search Strategies that Really Work!

Looking for a job can be one of the toughest things you will ever do. What is the most difficult part of your job search? You need a plan and we are here to help. In this episode, we discussed the four tools that will make your job search really work!

Bonus - Urban Farming, Rollins Style!

We have ourselves a bonus episode. To properly celebrate, we talked about something that involves our entire family, can be really fun and helps us eat healthier. That's right, Urban Farming! Chickens and fresh produce right out of your backyard. Tune in to our discussion about the four questions your family needs to consider before you start an urban farm.

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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