

ONE BADASS LIFE

May 2014 Podcast Lineup and Resources

Coming in June

Family - Disciplining Your Kids Without it Being a Pain in the ...!

Finance - The Badass Bootcamp for Saving Money

Fun - Start a Family Tradition with Family Game Night

Freedom - Time to Shine! The First Three Months will Make or Break your New Job

Bonus - Help Wanted! Getting Your Teenagers Employed this Summer



Family - Keeping your Kids Focused on School with Summer Near

We have all been there, staring at the clock in the classroom, counting down the last few minutes until summer. The last month of school is the hardest month for the kids to stay focused on school. Now as a parent, I have a lot of empathy for them. They are so ready to be done with school. Their brains are mush. However, we as parents must stay strong. May is filled with final projects and tests that could weigh heavily on their end of year grades. So how do we do this? In this episode, we discussed four areas that can help them get through this last month of school.

Resources mentioned in this podcast include:

Schedule Organizer for Your Badass Kid

This can be found on our **Podcast Resources Page**

Finance - The Time to Start Saving for Your Kid's College Fund in Now!

College is just around the corner. Every year, most people tell themselves that they have plenty of time to save for their kid's college fund next year...and next year.... The National Center for Education Statistics compiled costs for tuition, room and board from the US Dept. of Education and found that between 2000 to 2011 prices rose 42% at public institutions and 31% at private institutions. The average cost for attending college, according to the Dept. of Education, was \$18,500 per year. I remember when mine was under \$5k per year! Hopefully we can help you get on the right track. In this episode, we discussed the five steps we recommend to get you there.

Resources mentioned in this podcast include:

Badass Guide to College Savings

This can be found on our **Podcast Resources Page**

Fun - No More Headaches! Vacations are Supposed to be Fun.

With all the hard work and long hours you have been putting in, your upcoming vacation is coming at just the right moment. Wherever you are going, this is your time to break from the normal grind and get away. You get everything together. You travel to your destination, wherever it may be. You arrive, ready to decompress. You have plans for three of your seven day vacation, with the other days tagged for relaxation. Within the first day your kids are bored or arguing, the dinner at the restaurant didn't go well and you were just angry and wanted to go to sleep. On and on and on.... That is the worst. When you are on vacation and the fun meter is pegging out in the negative range. Don't let this happen to you. Vacations are supposed to be fun! Instead, listen in on our conversation on the four ideas that will keep your vacation fun.

Freedom - Insight into the Life of a Military Wife

As we approach Memorial Day, we want to take a pause and pay our due respect to our soldiers. These soldiers continually put their lives on the line to protect our freedom. Just as important, we must recognize their families that remain behind, trying to keep their life's going while they are missing an integral part of their family. As a tribute to our soldiers, we were able sit down and discuss the insights into the life of a military wife with Tracie's sister Sherry Lewis. What is amazing about this discussion is that it is very applicable to families that are planning on an extended separation from one of the parents, regardless if they are in the military or not.

You Matter to Us

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Remember to live... One Badass Life.

See you next time,

Lonny and Tracie Rollins

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