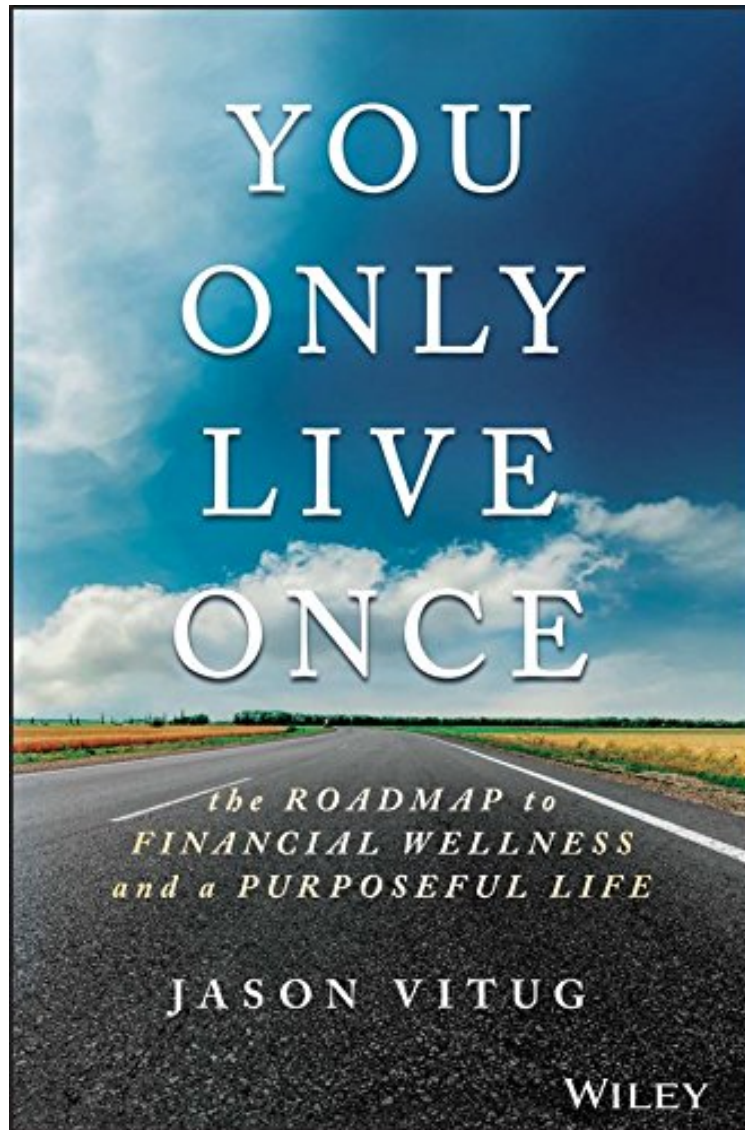


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You Only Live Once: The Roadmap to Financial Wellness and a Purposeful Life

Jason Vitug

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Jason Vitug : You Only Live Once: The Roadmap to Financial Wellness and a Purposeful Life before purchasing it in order to gage whether or not it would be worth my time, and all praised You Only Live Once: The Roadmap to Financial Wellness and a Purposeful Life:

4 of 4 people found the following review helpful. A straight forward inspiring guide to help us understand our finances and create the lifestyle we desire!By TravisYou Only Live Once (YOLO) is the ultimate financial education and personal development book. It is not a just another how-to book on getting out of debt or becoming wealthy. YOLO is

about understanding your money mindset learning to let go of any limiting beliefs around money that you may have grown up with. It's about understanding the importance of financial knowledge in order to use money as a tool to live a purposeful life the life YOU desire. You will gain clarity on your goals and values, become aware of your current financial situation, and learn how to create a plan to create the lifestyle you desire now and in the future. Jason Vitug did an incredible job putting this book together in a way that anybody can read and understand. As a financial planner and personal finance blogger for young professionals, I am always looking for information that will help inspire those I connect with to improve their financial situation take action on their goals in order to create the life they desire. This book accomplishes that and much more. 3 of 3 people found the following review helpful. A unique perspective that is needed in the world of finance! By Amanda Abella This book has a way of being helpful to both beginners and people who've been working on their finances for a long time. It's holistic approach to money serves as a reminder to everyone that finances are extremely important, but that they must be aligned with how you want to live your life in order for your money to actually work for you. This is a message that is direly needed in the dialogue surrounding money! In an industry full of "Here's how to get rich" or "Don't spend any money even if you love what you're buying", this book provides a unique and refreshing perspective everyone could use when determining their financial goals. 1 of 1 people found the following review helpful. A fantastic read! By Alyssa W. Jason Vitug has an incredible way of conveying how you can create a successful future by understanding your relationship with your finances (and how money can work for you in a positive way) in *You Only Live Once: The Roadmap to Financial Wellness and a Purposeful Life*. A vast majority of understanding your personal finances revolves around your perception, your relationship, and the psychological aspects of how you feel about your money. Vitug provides a wonderful read on how to understand this, and how you can incorporate these elements into your daily life in an understanding way. His book even captured the attention of strangers sitting next to me on an airplane flight while reading - Vitug is clearly doing something right with his writing in the YOLO book!

Get your finances in order with smart budgeting and money mindfulness *You Only Live Once* is the guide to achieving your best life through smart money moves. Before you even begin making a budget, you need to think about why. Where do you see yourself financially in ten years? Five years? This time next year? What does money do for you? Once you know your destination, you can begin charting your course. Step-by-step guidance walks you through the budgeting process, and shows you how to plan your financial path to point toward your goals. You'll learn how to prioritize spending, how to save efficiently, and how to take advantage of simple tools you didn't know you had. Next comes the most important part: taking control. You need to really look at how you perceive and use money day-to-day. Chances are, changing a few habits could give you some breathing room and help you reach your goals sooner. You work hard for your money, yet there never seems to be enough. You don't need to live like a pauper, but you need to be truly aware of just where your money is going, and why. Financial awareness is the key to a financially secure future, and this book unpacks it all to help you get where you want to go. Accept past decisions and articulate your financial goals Align your lifestyle with your budget Explore your relationship with money Re-evaluate financial habits and behaviors You know you need a budget, but you never seem to get around to doing it. Or maybe you did, but you can never seem to stick to it. Smart planning is a major factor in financial security, and it involves just as much introspection as math. *You Only Live Once* is more than a budgeting guide; it's a guide to revamping your financial behaviors to achieve the life you want.

From the Author As I wrote this book, I learned a bit more about my own money mindset and the limiting beliefs I still held. I must admit it was an emotionally period and after completing the manuscript I felt I created something of value that I hope can education and inspire you. From the Inside Flap YOU MAY THINK MORE MONEY is the key to living the life of your dreams, but in reality, most people are unable to live the lives they want because they lack a clear vision for their life and are setting financial goals that do not align with what they truly value. If you want to rediscover your passions and define your purpose, *You Only Live Once* is your complete guide to understanding your money mindset and teaching you to manage money with a purpose; to live your dream lifestyle in this lifetime. In seven years, author Jason Vitug went from cleaning toilets and serving drinks to making decisions in a Silicon Valley boardroom. He had a walk-in closet as big as the room he and his brothers once shared, but he found himself living paycheck to paycheck. Through his personal story of how he redefined the way he sees money to live a more fulfilling life, he shares memorable lessons learned to motivate you to create a lifestyle budget, save purposefully, spend consciously, and rethink retirement. Addressing issues on a much deeper level than nuts-and-bolts financial plans, this revolutionary guidebook sheds light on the behaviors and spending habits that shape a person's money mindset. By enhancing your approach to money, you can avoid the irrational financial decision making undermining your rational goals. You can make actual progress your very first day with: A step-by-step process for assessing your spending habits and how to improve them to benefit from the power of time Focused exercises enabling you to identify your unique financial goals and create a customized savings strategy to turn your vision for your life into reality A concrete framework for clarifying the values shaping your life, increasing your income, and spending money

with the purpose of materializing your dreams Money isn't a goalmdash;it's a resource you need to live the life you see for yourself, and You Only Live Once shows you how to efficiently use your wealth to create and sustain the lifestyle you want.From the Back CoverPRAISE FOR YOU ONLY LIVE ONCE "You Only Live Once is an essential money and life guidebook to help you improve your relationship with money and create a wealthy and purposeful life. Jason's story is incredibly inspiring." mdash;FARNOOSH TORABI, Host of CNBC's Follow the Leader and So Money podcast "Jason is one of the most genuine, and positive, people I know. He wants people to live a life of happiness. You can't help but be moved to take action after reading this book!" mdash;J. MONEY, Founder, RockstarFinance.com "Jason Vitug's key message is to spend your time and money on things that matter. You Only Live Once provides a roadmap to leverage financial knowledge and recommended practices to simultaneously achieve financial wellness and work-life balance. Readers of all ages will benefit from his insights." mdash;DR. BARBARA O'NEILL, CFP, Distinguished Professor, Rutgers University "One of the founders of the credit union movement, Edward Filene, once said 'keep purpose constant.' Purpose drives the credit union system and keeping it central to your own personal financial life is vitally important as well, which Jason hits home in this book." mdash;GIGI HYLAND, Executive Director, National Credit Union Foundation "Ride along as your guide Jason Vitug shares his truly inspiring story and his practical tips for living a more intentional financial life." mdash;PHILIP TAYLOR, Founder, FinCon "Jason's approach to money is hopeful and energetic. If you're tired of money controlling your happiness and feeling hopeless about your finances, this book will help to shift your mindset from scarcity to abundance." mdash;TIFFANY ALICHE, "The Budgetnista" and Founder of the Live Richer Academy "We're all on the financial road to somewhere, aren't we? With You Only Live Once, Jason Vitug hands you not only a comprehensive roadmap, but also the powerful keys to success, some sunscreen, and shades." mdash;JOE SAUL-SEHY, Cohost, Stacking Benjamins podcast "This book is going to change your life! Jason has mindfully lived every part of what he shares and that makes all the difference. His transformational journey helps you to gain clarity on your own path to finding joy with moneymdash;what could be better than that?" mdash;LEISA PETERSON, CFP, Mindful Money Mentor, Founder of WealthClinic "Jason's ACT process challenges you to accept your past decisions, establish new goals, and push forward to live the life you truly desire and deserve." mdash;PATRICE C. WASHINGTON, best-selling author of Real Money Answers and Money Maven of the Steve Harvey Morning Show