

# QuickStart Guide to the Balanced Life System

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To get the most of this system I have provided this guide to tell you where to start and also how to find the most pressing information quickly.

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## Getting Started-

1. Print off or Download the Bonus and keep it in a safe place as a reference.
2. Locate and bookmark the question submission page on TheBalancedLife website. As you go through the various lessons and tools, you can either write down questions or immediately transmit them through the question form. Be as specific as possible and include contact information so I can get clarification, if necessary.
3. Make sure you're signed up for the question and answer update newsletter using the link provided in your materials. (Remember to click the confirmation link as well). If you don't get a message at least once a week, contact me.
4. Then consider what you want to get from this series of lessons. To direct you I've listed some of the things that I most struggled with and where to find the answers in the resources.
  - a. Lack of supplies – Module 2, 5
  - b. What to cook – Module 5
  - c. Homeschooling/teaching your kids at home –Module 5
  - d. Telecommuting/Working from home Module 5
  - e. Budgeting your time (Do you feel like you never leave work now?) Module 5
  - f. Finances/budgeting and paying bills Module 5
  - g. Determining what I need during quarantine and beyond. Module 3, 5
  - h. I feel lonely or isolated. Module 1, 7
  - i. I feel frustrated. Module 1, 4
  - j. I worry about my kids and what they are missing out on. Module 1, 4, 6, 7
  - k. I have a question that isn't listed here. Submit a question using the form on the website

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## FAQs

*Below I have answered a few things quickly and said where to find a broader answer.*

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### **How can I monitor my spending?**

Answer: It starts with tracking. The budgeting resources in Module 5 will be helpful, but the most important thing you can do is watch what is spent. I found connecting my credit cards and bank to Mint [It is an intuit product. [www.Mint.com](http://www.Mint.com). I receive no royalties, points, etc for sharing this website. I am just being transparent about what helps me.] helped me watch creeping spending because it keeps track of everything. I then keep receipts to categorize it.

### **What should I do until I get paid?**

Answer: Again answer look at module 5 tools. You will find that the tools in this section is where you'll spend the bulk of your time. Print those off and listen to the audios. If you don't see the answer you're looking for then submit a question.

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## **What should I do to make the most of the stimulus check or back unemployment?**

Answer: This is sticky because obviously I don't know your full financial situation and can't give any kind of investing advice or anything like that, but Module 5 contains "The Equation" that we used to help with windfall things like this. Each family will have a different set of circumstances, but once you look at the budget plan and the inventory check sheet, if you still have questions about what things to consider when making your own plan, submit them.

## **What is something you (Tiffany) learned that changed your life after you had your own family setback in 2007?**

Answer: I talk about this a bit in chapters 1, 6, and 7, so if you want the long answer you can find it there. The short answer is that I learned that focused determination and absolute commitment gives huge results. No one who met me in the last few years can fathom where we were 10-15 years ago. I don't just mean financially. I am peaceful. I have joy. I have a phenomenal marriage. My kids are doing well. When you consider we have 2 bouts of complete unemployment with zero income, two major medical issues [my husband's cancer and my daughters diagnosis with a condition that required urgent brain surgery and 2 weeks in the hospital], and starting out with no reserves—it blows their mind. I held on to my faith, my family, and the belief that things could get better. I read books written by people who know much more than me. I made changes. I kept working. That is what I did. What I learned is it takes time but is worth the effort.

## **I am not a hoarder, but I'm concerned about other people hoarding. I feel like I should buy things but I don't know what to buy. What do you suggest?**

Answer: Read the Emergency Week Meal Plan in chapter 3 and use the tools in chapter 5. If you still have questions or you have more specific questions on that, submit it on the website for my weekly Q&A.

## **I am really concerned about what is coming next.**

Answer: That is more a statement than a question, but I will say that fear of the unknown is common and understandable. I address this more in chapter 4 so go there and read the edited transcripts or listen to the audio. The hard truth is you never actually had control over anything except your actions and your attitude. What this is exposing is just how little anyone actually controls. It is fear that is the driving force right now. Fear is a choice [YES, it IS.] and you can conquer it to live your best life today.

## **You fed your family on \$25 a week for months. How did you do that!**

Answer: In chapter 3 "Don't panic, prepare" there is a sample week. You can do exactly this if things are absolutely dire. If they aren't, add things you can afford. You will have to deprive yourself of some of your wants if your income is reduced—to not do that is completely irresponsible and you'll pay for it later—but how much you need to reduce will likely be dependent on the information you get from the tools in Chapter 5. If we reduce consumption by making small changes to protect the environment, why should you do any less to help provide for the long-term health and stability of you and your family?