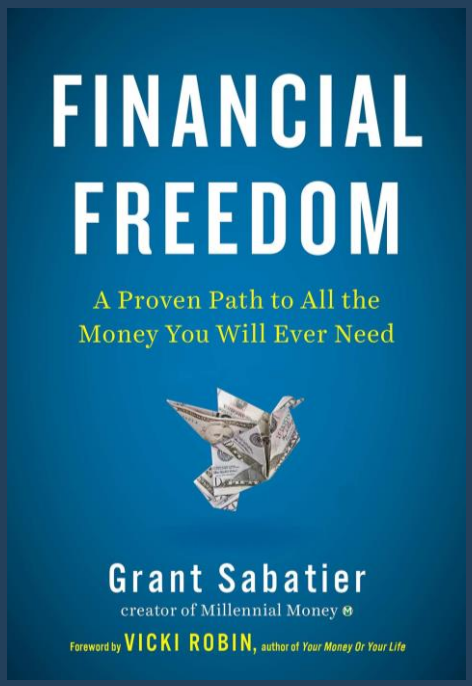

Financial Freedom

Year of publication: 2019
Author: Grant Sabatier
352 pages
Link for purchase: https://amzn.to/2GCFbHE

The Financial Freedom Book, released in 2019, was written by Grant Sabatier.
This book tells how Sabatier managed, over 5 years, to leave $ 2.65 and accumulate $ 1.25 million and still become a specialist in finance. It will give you the first steps to achieving financial freedom. In this version (2019), the book is composed by 352 pages and 14 chapters.

Score

8

8 Aplicability
8 Inspiration
9 Innovation
8 Impact on results
8 Structure

Main ideias of the book

- Time is freedom;
- Make a plan;
- Understand the true cost;
- Find what you value most;
- Reduce monthly expenses;
- Find ways to make more money to invest;
- Saving money should be a daily goal.

For whom is this book suitable?

The book Financial Freedom from Grant Sabatier is a complete guide to creating an abundant financial life. It is also a motivational tool for living a rich life, according to your own terms.
If you want to master your money and take up the challenge of achieving financial freedom, or even want to learn more about the way there, this book is great for you.

Overview of the book

"Time is more valuable than money"

According to Sabatier, "The purpose of this book is to help you retire as early as possible. When I say retire, I do not mean that you will never work again, except that you will have enough money so that you never have to work again. This is complete financial freedom, the ability to do what you want with your time."
As our time is limited, we should seek, untiringly, to take control of our time and money. How to spend it, where to spend it, why spend it and understand how we really want to test it.
How long have you been trading? To get an idea, an American works on average 70,000 to 80,000 hours throughout their lives without regard to travel time and activities taken home.
Everyone's time is finite. Start analyzing the time and money relationship each time you make a decision.

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"What is your number?"

"How much money do you spend? How much money do you need for the rest of your life? How much money should you save on a daily, weekly, monthly and yearly basis?"
Well, personal finance is personal. So, there are no lifestyles alike, each person carries a specific scenario of finances. Find out what financial freedom is for you so you can find out what is your number.
To help you do this, use the tools available on the website Financial Freedom. Grant reinforces that it is very important to know your numbers, but that are probably smaller than you think.

"Where are you now?"

"Knowing where you are is essential." To get anywhere, you need to know where you're leaving. So, it is critical to know if you are starting now or you are already halfway there.
"How much money are you making per hour? What is your equity?""What is your cost of living?" These questions that Grant wants you to know the answer to. For this, you need to use the website Financial Freedom.

"How to Build Wealth"

Now that we know where we are and where we want to go, the next step is figuring out how to get there. The "variables" that will help us are three:

- Income: build multiple streams of income, that is, get more than one source of income. Entrepreneurship is a good option;
- Savings: How does your savings rate impact your number? Grant provides one more tool to help you find out on the website Financial Freedom.

- Expenses: How do you manage your expenses? Are all your expenses really essential?

The ideas that Grant expounds in this part of the book give us the understanding and the knowledge to see how these three "variables" interact with each other.
Maximizing each of them is the way to creating wealth at the fastest possible rate.

"Is it worth it?"

How much is this pair of shoes worth? What impact does this purchase on credit card really mean in your financial journey? Is that pair of shoes worth "x" of my time?
It's not the money price that really matters, "It's the amount of time you need to work to pay for it." Time is a finite resource.
Incidentally, it's okay to buy items that bring value to your life. The problem is purchases that do not add up to anything and therefore cost you precious time to acquire them.
Calculating how much your work hour is worth will change your whole perspective on how you spend your money. The tip is: reevaluate the way you spend your money.
Sabatier also shows 11 questions to ask before buying something,

- "How happy this purchase will make me?"
- "How much money I have to do to pay for it"?
- "How many hours of my life I'm arranging to pay that?"
- "Can I afford this?"
- "Why prices are compared in terms of percentage?"
- "Can I get for less?"
- "How much am I spending for the service?"
- "How much it would cost me every year or for the rest of my life? "
- " What is the cost per use of this item? "
- "How much will this money cost in the future?"
- " How much time (freedom) is this costing me in the future? "

" Hacking Your 9-5 "

Well, the expression "nine to five" refers to normal working hours in many English-speaking countries. That is, the person comes in at 9:00 am and leaves at 05:00 pm.
Your highest income is likely to come from your full-time job. It is probably also the place where you spend the most time and energy of your day.
The next step is to increase your income. Then you will need to get an increase in your work.
According to Grant, adopting "4 simple steps" can help.

1. "Find out your market value," meaning what other companies are willing to pay for someone your their skills and experience;

> *Another reason I don't like budgets is because they reinforce the idea of scarcity. They are designed to make you track every penny you spend to the point that you end up feeling guilty if you overspend or spend money on something you don't absolutely need*

Determine how much to ask and the right time to ask

2. "Find out how valuable you are to your business," that is, how much income you generate for the company and how much the company would spend to replace you;
3. "Determine how much to ask and the right time to ask";
4. "Ask."

Another key point addressed by Sabatier is that you enjoy your work to develop your skills and your networking. Keep doing this at all stages of your life and in the long run. Diversify and increase your skills and your networking.

"Living a richer life"

According to Sabatier, "Financial independence is freedom to do what you want. You can have this.

Making a lot of money quickly is possible. Having more time is possible. Living life on your own terms is possible. You have a unique opportunity that many do not have. You really can have all the money you need."
All the graphs, case studies, strategies and figures boil down to that, it's all about living a rich life. However, the path for each of us will be different, some easier and some more difficult, but the path is clearer now.

What other authors say about it?

Tony Robbins, in his book "Unshakeable," advises on mutual fund investments, index funds and retirement plans, but in addition to the usual menu, he also reports basic and intuitive principles for achieving financial peace.
Another book that also explores the subject is the "The 4-hour workweek". Tim Ferriss says that instead of working hard for the rest of your days in an office, waiting for retirement, start enjoying life today, from a change of mindset.
To learn more about these two books, just read the Pocket Books we have prepared you:

- Unshakeable - Tony Robbins
- The 4-hour workweek - Tim Ferriss

Okay, but how can I apply this in my life?

"What skills and experiences do you have? Which of these skills can you scale and actually generate income? What you enjoy doing? Can you make money from it? How far can you get?"
Take 30 minutes and think about what kind of business might work best for you.
Maybe you and I will not be able to go from $ 2.26 to over $ 1.25 million in five years. Okay, that's not the central theme or the story Grant is trying to convey.
The mindset, strategies and proven path, shared on Financial Freedom, is an opportunity that we can all adopt.
Although the road is different for each of us, the ability to live a rich life is something that everyone can follow on their own terms.

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