

Schedule

🌐 Web Clip



Schedule

Monday | Tuesday | Wednesday | Thursday

July 19 - Monday



How to Maintain A Long-Term Lifestyle of Simplicity & Frugality

with Liz Frugalwoods

Sure, frugality is doable short-term but what about long-term? If we want to create a frugality that lasts it has to be sustainable. Liz Thames of the award-winning blog and book, *Meet The Frugalwoods*, shares her journey, how to avoid being “too frugal” and what she wants everyone to know about homesteading.



How to Curate a Life With Less Stuff And More Intention

with Christine Platt

Minimalism calls to mind a picture of white walls, swedish furniture, and one fiddle-leaf fern. But one-size-fits-all minimalism doesn't jive with us or Christine Platt, author of *The Afrominimalist's Guide to Living with Less*. She shares with us how she came to find her own authentic version of minimalism, finding what serves you, and how to let go of what doesn't.



Why Choose Secondhand First?

with Emily Stochl



Buying secondhand is a great way to save money but there are so many more reasons to choose secondhand first. Emily Stochly of The Pre-Loved Podcast share with us tips for thrifting when you don't love thrift stores, shocking facts about fast fashion that will have you rethinking your shopping habits.



How The KonMari Method Can Help You Live a Richer (& More Frugal) Life

with Lisa Tsebidis

We've been fans of the KonMari method for years because of its difficult yet intentional style of decluttering. But many people still don't know why it's such an effective process for self discovery. Certified KonMari consultant Lisa Tselebidis shares with us how the KonMari method can help you spend more intentionally and gives Jen some news she's quite excited about.



Why Budgeting May Be Keeping You Broke

with Nicole Victoria

Got a financial problem? Make a budget! It's the most overstated financial advice without addressing the issue of "how do you stick to a budget?" Nicole Victoria shares with us the insight she shares with her 570K followers on TikTok on how budgets can

perpetuate guilt and shame, how to change behaviors and the real reason you can't stick to a budget.

July 20 - Tuesday



3 Impactful Ways to Save When You're Living Below The Poverty Line

with Caroline Vencil

Caroline Vencil is an accomplished business owner and mom of four but before that she was a teen mom living below the poverty line. She's dedicated her life to showing women how to save money while living on a tight budget. In this interview she's sharing with us her strategies to save money that don't cost more time and how she differentiates frugal from cheap.



Tips To Writing A Budget That Doesn't Limit You

with Allison Baggerly

A budget is a powerful tool but only if you stick with it

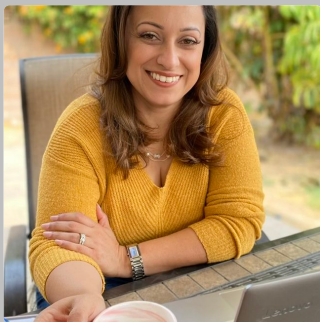
consistently. Allison Baggerly shares inspiring budgeting tips with her 119K followers on Instagram and in this interview we're talking about why some budgets don't work, how to create one that does, and what to do when you overspend.



Spending Control Strategies using the High-5 Banking Method

with Sahirenys Pierce

Even when starting our personal finance journeys we tend to rely on strategies that require our brains to do most of the work. In reality, successful budgeters and spenders avoid mentally taxing strategies and look for methods that reduce cognitive load. That's what Sahirenys Pierce has done with the creation of the High-5 Banking Method. If you're having trouble saving you'll want to listen to this interview.



Grocery Saving Strategies That Will Cut Your Bill in Half

with Gina Zakaria

Groceries are consistently the number one thing we get asked about how to save on. There are so many tips that can save you 30 cents here or \$3 there but when you're trying to shave hundreds off your budget those tips just don't cut it. With over 830K followers on TikTok, Gina Zakaria is the go-to expert when it comes to lowering your grocery bill and she's sharing her best tips with us.



Paying Off 6-Figures of Debt on a Single Income

with Nika Booth

Nika is a money coach, author, content creator, and the founder of Debt Free Gonnabe. While tackling her own 6-figure debt, she teaches others how to take control of their money and better manage it through the straightforward money-saving, budgeting, and debt payoff tips she provides, with a side of spice and humor.



Behind The Scenes of Our Favorite Meal Planning App, Cook Smarts

with Founder Jess Dang

Meal planning is one of the most important things you can do to save money on food. While it's an important skill to learn, you don't have to enjoy it or even do it alone! Cook Smarts is our favorite meal planner and we wanted to share a behind the scenes look at what it is and why we love it so you can decide if it's right for you!

July 21 - Wednesday



The Multiple Forms of Capital to Earn & Build Wealth

with Laura Oldanie

We need money to buy things so it makes sense we talk about earning more money to buy those things but what about bypassing the money and earning more of the things themselves. Permaculture expert Laura Oldanie shares with us 8 forms of capital and how we can earn what money can't always buy.



Side Hustling Your Way to Financial Freedom

with Nick Loper

Half of all millennials have a side hustle but very few consider it a tool to reach financial freedom. Serial side hustler and award winning podcaster Nick Loper shares what he's learned from years of side hustling, how to overcome common barriers to starting, and the best side hustles for financial freedom.



Intentional Strategies to Increase Your Income

with Rich Jones



Negotiating a higher salary is the primary goal when increasing your income but it's only one stop on your career journey. There's a lot you can do to prepare and increase the likelihood of a successful negotiation. Rich Jones is an HR expert, Diversity, Equity, and Inclusion consultant for Google, and entrepreneur with over 10 years of hiring expertise. He shares with us how you can be intentional about growing your income at your day job.



Laser-Focusing Your Budget to Pay Off Debt Quickly

with Merilee Speigner

Budgeting is difficult on its own but when you couple it with paying off debt it's a whole other beast. In this presentation, Merilee Speigner shares with us the tips she gives her 93K followers on Instagram of how to make a budget that helps you pay off your debt faster.



How to Invest in Real Estate & Live For Free (Without a Ton of Money!)

with Sarah Wilson

Real estate investing is typically reserved for the wealthy but there's a way to invest in real estate with your very first home purchase. And there's no need for a two-income household. Sarah Wilson of Budget Girl started her journey paying off \$20K of debt on a

Giri started her journey paying off \$30K of debt on a low income and is now investing in real estate while living for free. If you are considering buying a home in the future this is one of the most important interviews you need to watch.

July 22 - Thursday



The Importance of Accountability on Your Financial Journey

with Jen Smith & Jill Sirianni

You can go fast alone but we go further together. Accountability isn't just someone to text when you're about to make an impulse purchase or someone to check up on your progress. Accountability is community. In this conversation with Jen and Jill you'll hear our hearts for building healthy accountability and how we plan to make that accessible for you.



The Life Changing Benefits of a Paid Off House

with Andy Hill



Paying off consumer debt is a no-brainer, even paying off low-interest debt like student loans and cars is easy to get behind. But should you pay off your mortgage early? Award-winning podcaster Andy Hill shares his story of paying off their mortgage, the unexpected benefits it's afforded them, and who should consider paying off their mortgage.



Transforming Your Money Mindset to Build Wealth!

with Leisa Peterson

Motivation and mindset are not the same thing. You can be motivated but without a healthy mindset around money you'll have nothing to support you when your motivation wears off. Leisa Peterson is a Certified Financial Planner and author of *The Mindful Millionaire*. She shares with us her experience helping people make breakthroughs with their wealth building mindset and all they're able to accomplish after.



Simple Investing Strategies to Build Wealth

with Chelsea Brennan

Investing doesn't have to be hard or boring. It can actually be quite simple and fun! In this presentation, former hedge fund manager Chelsea Brennan shares with us some of her tips for investing for retirement.

retirement.



What You Should Know About Protect Wealth When You're Just Starting to Build it

with Chris Browning, Sponsored by Trust & Will

When you don't have a lot of money you may not be thinking about how to protect it. But it's actually the first thing you should do. In this interview with Chris