



Financial DNA® White Paper - Accelerate Your Quality Life

“A Quality Life is defined as successfully integrating your finances into a balanced life, and in so doing, having the courage to live according to your unique design, in harmony, and without regret.”
– Hugh Massie

As a starting point, reflect on what is a Quality Life for you. Please consider the following questions: Where is your life going well now? Are your business and family relationships aligned? What is the purpose for your life? Are you making committed decisions? How do you want to be remembered?

Building a Quality Life is a continual journey. There is always a way to make your life better no matter where you have got to: whether it is having extreme financial wealth, being the President of your company, a sporting star or community leader. If one area of your life (say, career) is going well there may be another that is getting sacrificed (say, health). Ultimately, how well you synchronize all aspects of your life is the key. In particular, what we have seen is that you cannot separate your life and financial decisions. They are integrated. So how does one continually balance these choices?

Successfully managing this integration requires a superior and objective understanding of who you are so that you can communicate effectively for aligned relationships with others. Then with this greater knowledge of yourself you can develop your life purpose to set the boundaries for your life and hence be equipped to consistently make committed decisions. This is the surest path to achieving your goals and fulfilling needs.

One of the key points to emphasize is that a Quality Life will be different for every one. In this regard, we emphasize the term “unique design” in the definition of Quality Life. How you set and get to your goals will vary depending on your unique financial personality – your Financial DNA®. What works for someone else might not be right for you.

You can make the process of building a Quality Life easier (and even fun!) by following a structured five step process. The five steps are as follows:

1. **Discover Your Unique Financial Personality** - Identify your strengths, struggles and financial aptitudes.
2. **Develop Effective Communication** – Learn how to adapt your communication style to build sound relationships with the important people that you regularly interact with.
3. **Define your Life Purpose** – Work out where your talents, passions, unique gift and values intersect to enable you to prioritize what is important and enable you to set your goals
4. **Make Committed Decisions** – Based on your goals identify the life and financial decisions that you can make where your emotions and rationality will be in balance.
5. **Define Your Quality Life** – Articulate in writing what is a Quality Life for you and how you will live it on a daily, quarterly and annual basis.



For more insight into this topic, please refer to Chapter 1 of Hugh Massie's book "Financial DNA: Discovering Your Unique Financial Personality for a Quality Life".

Financial DNA Resources has developed wealth mentoring programs that incorporate our profiling and facilitation tools to guide you in building a Quality Life. You will have the best experience if you are able to participate in a Quality Life Program facilitated by one of our Certified Wealth Mentors. If you are interested in finding out more about the Financial DNA[®] Discovery Process, please contact us at inquiries@financialdna.com