

# dfree® Academy

## Online Syllabus

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Dear dfree® Academy Partner,

Welcome to the dfree® Online Academy! I am excited that you have decided to achieve your financial freedom. The dfree® Academy was created to offer you a convenient way of taking dfree® courses, in an effort to equip you with the practical approaches and values-based principles that will shift you towards financial freedom. This course is offered entirely online, which means that all you need is access to a computer, tablet or smartphone and internet access to complete any portion of it. You also need a copy of the dfree® books: "[Say Yes to No Debt](#)" and "[dfree® Lifestyle: 12 Steps to Financial Freedom](#)" to follow along with the lessons that coincide with each video. After purchasing the book, there are no charges and the course is FREE!

My goal is this experience that you will help you discover so much more about yourself that you will be better able to use your money to reach your life's goals

Thank you for allowing me to join you in your dfree® journey!

Sincerely,



DeForest B. Soaries, Jr.

## Introduction to dfree® Academy

<https://youtu.be/RDkHY5Sa7Kw> (PLEASE INSERT THIS INTRODUCTION VIDEO)



## Textbook & Course Materials

### Required Texts

- dfree® Lifestyle: 12 Steps to Financial Freedom (THE WORKBOOK)
- Say Yes to No Debt: 12 Steps to Financial Freedom

## Recommended Texts & Other Readings

- Meditations for Financial Freedom: Volumes 1&2
- All dfree® materials can be purchased at [amazon.com](https://www.amazon.com).

## Computer Requirements

- Internet connection (DSL, LAN, or cable connection desirable)
- You will need to have an up-to-date browser, operating system and some additional software on your computer to take this class.

## Course Registration & Fee

- The course is FREE
- Please click \_\_\_\_\_ to register.

## Course Structure

- This course will be delivered entirely online through the course management system Udemy. You can login to udemy through (<https://udemy.com/>).
- In Udemy, you will be able to access 37 online lessons.

## Technical Assistance

- If you need technical assistance at any time during the course or to report a problem with please email [llargie@mydfree.org](mailto:llargie@mydfree.org).

## Topic Outline & Instructions

Each video aligns with the workbook topics. Read the beginning of each lesson first prior to watching each video. Begin the video once you have reached the "Commitment" section and follow along to complete the commitments and action steps that Dr. Soaries mentions during the video.

- Lecture 01: Get Started with 12 Steps to Financial Freedom Experience**
- Lecture 02: Introduction to Step One: Admit the Problem**
- Lecture 03: Step One: Admit the Problem (Commitments #1 thru #3)**
- Lecture 04: Step One: Admin the Problem (Commitments #4 thru #6)**
- Lecture 05: Introduction to Step Two: Address the Mess**
- Lecture 06: Step Two: Address the Mess (Commitments #1 thru #3)**
- Lecture 07: Step Two: Address the Mess (Commitments #4 thru #6)**
- Lecture 08: Introduction to Step Three: Adjust the Attitude**
- Lecture 09: Step Three: Adjust the Attitude (Commitments #1 thru #3)**

- **Lecture 10: Step Three: Adjust the Attitude (Commitments #4 thru #6)**
- **Lecture 11: Introduction to Step Four: Start the Plan**
- **Lecture 12: Step Four: Start the Plan (Commitments #1 thru #3)**
- **Lecture 13: Step Four: Start the Plan (Commitments #4 thru #6)**
- **Lecture 14: Introduction to Step Five: Steer the Power**
- **Lecture 15: Step Five: Steer the Power (Commitments #1 thru #3)**
- **Lecture 16: Step Five: Steer the Power (Commitments #4 thru #6)**
- **Lecture 17: Introduction to Step Six: Set the Timer**
- **Lecture 18: Step Six: Set the Timer (Commitments #1 thru #3)**
- **Lecture 19: Step Six: Set the Timer (Commitments #4 thru #6)**
- **Lecture 20: Introduction to Step Seven: Maximizing the Margin**
- **Lecture 21: Step Seven: Maximizing the Margin (Commitments #1 thru #3)**
- **Lecture 22: Step Seven: Maximizing the Margin (Commitments #4 thru #6)**
- **Lecture 23: Introduction to Step Eight: Minimize the Stress**
- **Lecture 24: Step Eight: Minimize the Stress (Commitments #1 thru #3)**
- **Lecture 25: Step Eight: Minimize the Stress (Commitments #4 thru #6)**
- **Lecture 26: Introduction to Step Nine: Maintain the Focus**
- **Lecture 27: Step Nine: Maintain the Focus (Commitments #1 thru #3)**
- **Lecture 28: Step Nine: Maintain the Focus (Commitments #4 thru #6)**
- **Lecture 29: Introduction to Step Ten: Invest in Others**
- **Lecture 30: Step Ten: Invest in Others (Commitments #1 thru #3)**
- **Lecture 31: Step Ten: Invest in Others (Commitments #4 thru #6)**
- **Lecture 32: Introduction to Step Eleven: Ignite dfree Living**
- **Lecture 33: Step Eleven: Ignite dfree Living (Commitments #1 thru #3)**
- **Lecture 34: Step Eleven: Ignite dfree Living (Commitments #4 thru #6)**
- **Lecture 35: Introduction to Step Twelve: Impact the Culture**
- **Lecture 37: Step Twelve: Impact the Culture (Commitments #1 thru #3)**
- **Lecture 37: Step Twelve: Impact the Culture (Commitments #4 thru #6)**