

RFL Wealth  
Management

YOUR

★ RICH  
FULFILLING  
LIFE

WORKBOOK

The Tax-Free  
MD

A Step-by-Step  
Workbook to Your Rich,  
Fulfilling Life™

# Define What Wealth and Fulfillment Mean to You

Welcome to your Rich, Fulfilling Life™ (RFL) Workbook—a tool designed to help you gain clarity on your financial goals, values, and the life you truly want to create. This workbook will guide you through key reflections and planning exercises to ensure that your financial decisions align with your vision of success, security, and happiness.


Let's get started on building your roadmap to financial freedom!

Let's Get Started



Step 1  
Define Your Rich, Fulfilling Life™

# Define Your Rich, Fulfilling Life™



Before we dive into the numbers, take a moment to reflect on what a Rich, Fulfilling Life™ means to you.

**1. What does a Rich, Fulfilling Life™ look like for you?**  
(Think beyond money—consider family, work-life balance, travel, hobbies, giving back, etc.)

Write your answer here...

# Define Your RFL

**2. What are the top three things you want your money to help you achieve**

1.

2.

3.

**3. If you had complete financial freedom today, what would you do differently?**

Write your answer here...

Step 2  
Where Are You Now?

# Where Are You Now?

A clear picture of your current financial situation will help you understand what's working and where improvements are needed.

<b>Income &amp; Cash Flow</b>	
Annual Income (from all sources):	
Monthly Income (after taxes):	
Monthly Living Expenses:	
How much do you save per month?	
How much do you invest per month?	
<b>Assets &amp; Liabilities</b>	
Savings (cash, TFSA, RRSP, etc.):	
Investments (corporate or personal):	
Home Value (if applicable):	
Home Value (if applicable):	
Other Debts (credit cards, loans, lines of credit):	

# Financial Planning Checklist ✓

Check off what you currently have in place and note areas that need improvement.

## ✓ INCOME PROTECTION

- Critical Illness Insurance
- Disability Insurance
- Life Insurance (term or permanent)

## ✓ FUTURE PLANNING

- Retirement Plan with Tax-Free Income Strategy
- Children's Education Fund (RESP or Other)
- Estate & Legacy Plan (Will & Trusts)

# Financial Planning Checklist

## ✓ WEALTH BUILDING & TAX STRATEGIES

- Written Financial Life Plan
- Medical Professional Corporation
- Pension plan set up inside your corporation
- Corporate Fixed Bucket set up inside your corporation
- Payment structure in place that best suits your needs

**What areas do you need help with?**

WRITE YOUR ANSWER HERE...

# Set Your Goals



Financial success isn't just about numbers—it's about designing a life that aligns with your values, passions, and aspirations. Whether your goals are related to your career, personal fulfillment, or family, this step will help you define what truly matters to you.

## Short Term Goals (1-3 Years)

(Examples: Save for a home, work one less day a week, pay off debt, invest in continuing education)

1.

2.

3.



## Step 5 Set Your Personal & Financial Goals

### **Mid-Term Goals (4-10 Years)**

(Examples: Buy an investment property, optimize clinic efficiency, expand your dental/medical practice, build a passive income stream, take a sabbatical, run a marathon, spend summers with family abroad)

1

2.

3.

### **Long-Term Goals (10+ Years & Retirement)**

(Examples: Retire tax-free, reduce clinical hours while maintaining income, transition into mentorship or teaching, take a dream vacation, set up a scholarship fund, leave a financial legacy for your family)

1

2.

3.

By setting both personal and professional goals, you create a roadmap for a Rich, Fulfilling Life™ that balances financial success with what truly makes you happy

Step 5:  
Identify Your Happy Place

# Identify Your Happy Place



Financial success should support a life that brings you joy.

**1. Where do you feel happiest and most fulfilled?**

Write (or draw) your answer here...

Step 5:  
Identify Your Happy Place

# Identify Your Happy Place

**2. What activities make you feel the most at peace?**

Write (or draw) your answer here...

**3. How can your financial plan help you spend more time doing these things?**

Write (or draw) your answer here...

Step 6: Your Definition of Financial Peace

# Your Definition of Financial Peace

We all have different ideas of what true financial peace looks like. Define yours below.

<b>How much money do you need saved or invested to feel financially free?</b>
Write your answer here...

<b>At what age do you want to have the option to retire or work only if you choose to?</b>
Write your answer here...

<b>What would make you feel 100% in control of your financial future?</b>
Write your answer here...

# Your Next Actions

You've defined your Rich, Fulfilling Life™—but a plan without action is just a wish. The worst thing you can do is wait. Every day you delay taking control of your finances, you risk paying more in taxes, losing time, and missing opportunities to build a tax-free future.

Based on your answers, what three action steps will you take this month to move closer to your Rich, Fulfilling Life™?

The first action I will take to get clarity on my finances is...	(Example: Review my income, savings, and investments to see where I stand.)
One step I will take to lower my taxes and keep more of my hard-earned money is...	(Example: Book a consultation with RFL Wealth to create a Financial Life Plan™.)
To stay accountable and ensure I follow through, I will...	(Example: Set a time to discuss financial goals with my spouse or business partner.)

Every big transformation starts with small steps. Commit to these actions today, and watch your Rich, Fulfilling Life™ take shape. You've got this!

Your Rich, Fulfilling Life™ starts today. Schedule a consultation with RFL Wealth to take the next step toward tax-free wealth and financial peace.

**[CLICK HERE TO TAKE THE FIRST STEP TO YOUR RICH FULFILLING LIFE](#)**