



**10 FREE BONUS
WORKSHEETS**

FINANCIAL FREEDOM



FINANCIAL FREEDOM IS THE STATUS OF HAVING ENOUGH WEALTH OR INCOME TO MANAGE YOUR LIVING EXPENSES FOR THE REST OF YOUR LIFE WITHOUT DEPENDING ON EMPLOYMENT OR OTHERS

What are your total monthly expenses?

Based on this, how many months could you manage to live off your savings?

How long will it take you to achieve financial freedom?

The answer to this question depends on two key factors:

- 1) How much income you are able to save or to generate even more income from
- 2) How much money you need to meet your living expenses

If you never saved any of your income, you would have to work forever as you'd be forever dependent on a paycheck. Meanwhile, if your living expenses were somehow zero, you'd already be financially free.

By saving more and living on less, you move closer to financial freedom.

How could you reduce your monthly expenses?

How could you generate extra income actively e.g. by taking extra jobs or by selling products/services?

How could you generate extra income passively e.g. from investment, real estate, shareholding, or funds from your intellectual property?

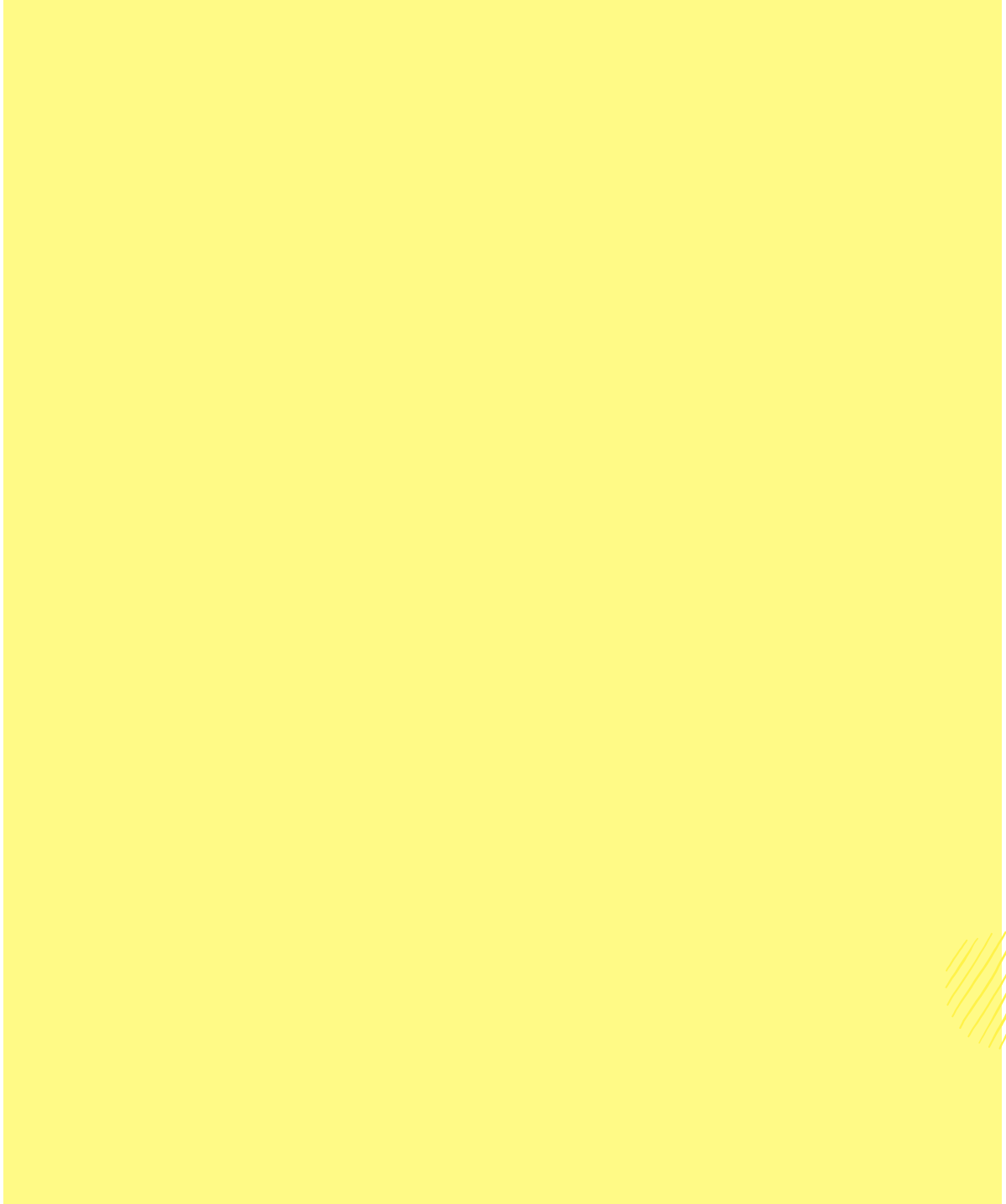
Ideas for Financial Freedom

GET CLOSER TO FINANCIAL FREEDOM AND EARLY RETIREMENT BY LIVING SIMPLY, SAVING, INVESTING AND CREATING PASSIVE INCOME

- Save at least 10% of your income
- Learn about compound interest
- Avoid impulse buys - wait two days
- Adopt a minimalistic lifestyle
- Sell items you don't need
- Work on a passive income stream
- Learn about investment
- Ask a financially savvy friend for tips
- Use an ad blocker when online
- Opt to eat and work out at home
- Cut back on cable television
- Limit time with pals who overspend
- Choose to use cash over card
- Read three books about finance
- Play Robert Kiyosaki's Cashflow game
- Have clothes swaps instead of buying
- Choose affordable outings e.g. picnics
- Start a side hustle or part-time job
- Undertake meal planning
- Learn jobs you'd usually outsource
- Avoid grocery shopping while hungry
- Shop online to reduce impulse buys
- Rent out a room in your home
- Get a hobby that makes you money
- Make a budget and track it weekly
- 'Add to cart' then await a discount
- Automate your saving/investing
- Take inventory before shopping
- Switch to LED bulbs
- Use coupons on items you need
- Resist promotions you don't need
- Repurpose what you already have
- Build an emergency fund
- Return purchases you don't need
- Reconsider a landline phone
- Upskill or invest in your education
- Downsize your living space
- Consolidate errands into one trip
- Allocate funds to clear your debts
- Use libraries instead of shops
- Know the market rate for your job
- Negotiate your salary
- Walk or bike whenever you can
- Skip the salon whenever possible
- Cancel excess subscriptions
- Travel off-season and locally
- Choose to buy second-hand
- Grow your own vegetables/fruits

FEELING STRONG

Recall a time you felt highly confident and secure. Describe it below. Where were you? What were you doing? What was it about those circumstances that helped you feel at ease?

A large, solid yellow rectangular area intended for the user to write their response to the prompt. The page is decorated with various yellow and orange abstract shapes, including wavy lines, swirls, and clusters of dots, creating a vibrant and creative atmosphere.

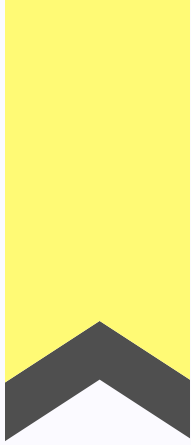
Make a Stress Busting BOX

Fill a box or drawer with items that would help you to feel calm and centered during difficult moments.

Items for my box

Ideas

- Colouring book
- Favourite tea
- A childhood photograph
- Scented candle
- A relaxing book
- Essential oil
- Puzzle book
- Art supplies
- Journal
- Favourite poem



LAUGHING AT MYSELF

A STAB AT STAND-UP COMEDY



No one is perfect and learning to laugh at yourself can boost your self confidence. To try it out, first think about one of your most embarrassing moments. Now write about it below as though you were a stand-up comedian and this story was part of your stage routine. Make it as hilarious as possible - the sillier, the better!

Blank yellow area for writing.

ATTACHMENT: KNOW YOUR STYLE

WHAT'S YOUR ATTACHMENT STYLE IN ROMANTIC RELATIONSHIPS?

Identify your current attachment style by reading the descriptions below, but be aware that your style can change. Anxious and avoidant people can become more secure as a result of dating secure individuals. In fact, a four-year study showed that 25% of people had changed their attachment style during the period.

SECURE ATTACHMENT STYLE

- Feels confident about oneself
- Doesn't fear attachment
- Typically raised in a loving home
- Generally trusting of others
- Relationships are usually healthy



Be conscious of yours and others' attachment styles; avoid taking anxious and avoidant behaviours personally

ANXIOUS ATTACHMENT STYLE

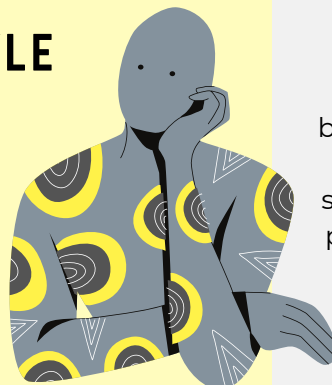
- May have low self-esteem
- Tends to feel needy and be clingy
- Typically had unreliable caregivers
- May have a fear of abandonment
- Could make partner feel smothered



Be conscious of your anxious behaviours and try to adopt a more secure style; avoid partnerships with those with an avoidant style

AVOIDANT ATTACHMENT STYLE

- Feels uncomfortable being close
- Tends to avoid attachment
- Typically had unreliable caregivers
- May fear a loss of independence
- Could make partner feel neglected



Be conscious of your avoidant behaviours and try to adopt a more secure style; avoid partnerships with those with an anxious style

Ideas for Date Nights

INVEST IN A HAPPY RELATIONSHIP WITH WEEKLY DATE NIGHTS.
IF YOU DON'T HAVE A PARTNER, TRY THESE WITH A FRIEND!

- Watch the sunset at the beach
- Attend a play or comedy show
- Make a jigsaw puzzle
- Have a themed movie marathon
- Have a picnic in the park or garden
- Take a road trip
- Try indoor bowling
- Play a video game you both enjoy
- Try mini-golf
- Try a new restaurant/cuisine
- Go out dancing
- Take a boat ride or bike ride
- Attend a class (e.g. music, art, improv)
- Paint the same picture
- Camp in the garden with a campfire
- Watch a movie outdoors
- Make a fort
- Work on a garden
- Go through old photographs
- Attend a Toastmasters meeting
- Take a walk or fly a kite
- Write and exchange love letters
- Have a candlelit dinner
- Go ice skating or rollerblading
- Go to a fair or amusement park
- Plan your next trip
- Eat street food
- Take a ride in a hot air balloon
- Invite friends or neighbours over
- Try karaoke or play pool
- Visit a science, art or history museum
- Go for a concert
- Attend a lecture
- Attend a quiz night
- Play card games or board games
- Recreate your first date
- Have a pillow fight or play hide 'n seek
- Have a photo shoot around town
- Go to a garden, zoo or aquarium
- Attend a sporting event
- Read romance novels to each other
- Work on a DIY/craft project
- Bake/cook something you both love
- Play 20 questions
- Pick an item off your bucket list to do
- Go for a hike or go fishing
- Stargaze and look for shooting stars
- Dress up for cocktails/dinner

ACTIVE LISTENING

When faced with heated disagreements, try this powerful active listening technique which has proven results in resolving misunderstandings. This technique is often used in couples therapy.



1

Listen carefully to the other person, giving them your full attention.

2

When they have finished speaking, paraphrase what they told you to check that you have understood their thoughts and feelings.

3

When you have finished paraphrasing, encourage them to clarify any points you may have misunderstood.

4

Summarise what they have told you until they are satisfied that you have fully understood their viewpoint. Repeat as many times as needed.

5

Share your own view and request that they listen without interruption.

6

Ask them to paraphrase your views.

7

Clarify any points they may have misunderstood and ask them to summarise what you've said. Repeat as many times as needed.

Repeat the above steps until each of you feels fully heard and understood.

TIPS TO GET THE MOST FROM THIS EXERCISE

To avoid interruptions, recommend that an object be passed between you so that whoever is holding the object speaks and the other person listens.

Recommend and practice the use of "I" language throughout this exercise, rather than "you" language.

GET 120+ MORE EXERCISES TO UNLOCK YOUR LIFE!



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EVERYDAY HAPPINESS

MOTIVATION AND GROWTH

EMOTIONAL RESILIENCE

HEALTHY RELATIONSHIPS



Get yours today!

"FLOW" CHART

ACTIVITIES I DO OFTEN

CH = CHALLENGE
CA = CAPABILITY
TA = TANGIBILITY
OF RESULTS

CH CA TA

The Character Strengths

Take the VIA Character Strengths quiz at <http://www.viacharacter.org/via/Character-Strengths-Survey>, rate your top character strengths and check off your top 5 strengths.

- | My Top Character Strength: | |
|--|--|
| 1. Creativity, originality and imagination | 11. Openness to new experiences |
| 2. Curiosity and interest in the world | 12. Humility, modesty and groundedness |
| 3. Faith and spirituality | 13. Kindness and gentleness |
| 4. Gratitude | 14. Love and affection |
| 5. Hope and optimism | 15. Perseverance and grit |
| 6. Humility, modesty and groundedness | 16. Self-regulation and self-control |
| 7. Imagination and playfulness | 17. Social intelligence and connection |
| 8. Integrity | 18. Transcendentalism and awe |
| 9. Kindness and gentleness | 19. Trust and faith |
| 10. Love and affection | 20. Wisdom and knowledge |
| 11. Openness to new experiences | 21. Zest and vitality |
| 12. Humility, modesty and groundedness | |
| 13. Kindness and gentleness | |
| 14. Love and affection | |
| 15. Perseverance and grit | |
| 16. Self-regulation and self-control | |
| 17. Social intelligence and connection | |
| 18. Transcendentalism and awe | |
| 19. Trust and faith | |
| 20. Wisdom and knowledge | |
| 21. Zest and vitality | |

HUMANS I ADMIRE

Name some people whom you admire and list out the character traits you admire in them that you would like to develop in yourself. Draw inspiration from their lives, their values, and their life.

Name	Character Traits

IDEAL LIFE MAP



Now select three goals you would like to focus on. Completing a few meaningful goals creates more momentum than many half-finished ones.

JOB CRAFTING WITH FLOW

INTRODUCING MORE FLOW INTO DAILY WORK

Are there activities that already create flow that I can DO MORE OFTEN in my work?

IKIGAI: A REASON FOR BEING

Research suggests that having a purpose for life or 'ikigai' generates the longest lasting form of happiness.

There is a point where people the longest than almost anywhere else on the Earth, a point called Ikigai. It is a combination of four things: what you love, what you are good at, what the world needs, and what you can be paid for. This intersection of four things is the key to a long and meaningful life.

