



# The Three Freedoms Worksheet

## Financial Freedom

	Yes	No	Unsure
Do you have a general idea of your cash position on a day to day basis?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you confident your business has enough cash to pay bills as they fall due?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you prepare an annual Cashflow Forecast?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you regularly monitor your results?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have access to regular management reports?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever wonder why your profit figure is so different to your cash position?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is your business currently delivering enough money for you to live your desired lifestyle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**1. What is one goal you want to achieve in the next 12 months to help you achieve financial freedom?**

**2. What three actions will you take to achieve this goal?**

## Time Freedom

**1. How much time do you spend working 'on the tools' each week?**

*Working in the business generating cash as opposed to working on the business.*

**2. How much time would you like to spend working 'on the tools' each week?**



**3. How much time do you spend on paperwork each week?**

*Preparing quotes and invoices, payroll, billing, managing jobs, etc.*

**4. How much time would you like to spend on paperwork each week?**

**5. What is one goal you want to achieve in the next 12 months to help you achieve time freedom?**

**6. What three actions will you take to achieve this goal?**

## Mind Freedom

**1. What are the three areas of your business that cause you the most stress?**

**2. What would it mean to you if these stresses were minimised or removed?**

**3. What will success look like to you in the next 12 months?**



**4. What is one goal you could achieve in the next 12 months to help you achieve mind freedom?**

**5. What three actions will you take to achieve this goal?**

## Next Steps

**1. How will you ensure that the actions you've committed to happen so you achieve the three freedoms?**

**2. Is there any other support you need for your business?**

*E.g. a complimentary meeting (if you haven't had one with us in the last six months).*