



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).