

THE FREEDOM PEOPLE

THE
FIVE PILLARS
OF
FREEDOM



THE FIVE PILLARS OF FREEDOM

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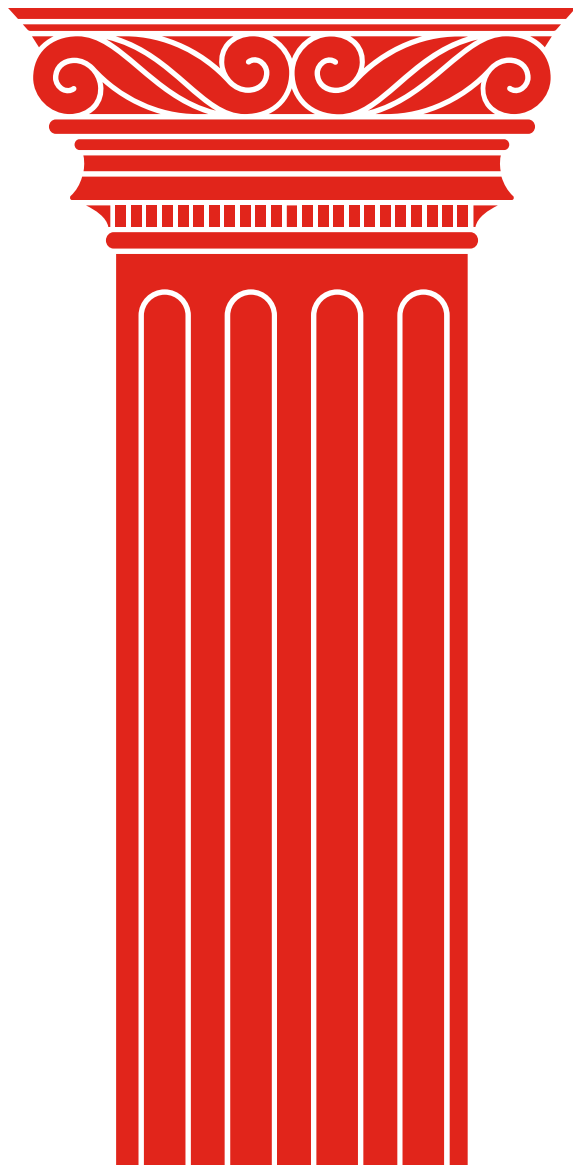
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HEALTH





HEALTH

NOTES:

HEALTH

ASSESSMENT: WHERE ARE YOU NOW?

When I feel sick, I go to the doctor.

- Always
- Sometimes
- Never

When I buy food, I look at ALL the ingredients.

- Always
- Sometimes
- Never

When my son or daughter presents symptoms,
I know how to handle it myself.

- Always
- Sometimes
- Never

I buy organic clothes, food and home goods.

- Always
- Sometimes
- Never



HEALTH

REFLECTION:

What is something I learned?

What is one area I could take my power back to improve my health?

GOAL:

What is the ideal version of yourself? (ie: I will only eat organic, I will read labels, I will have a plan for when I feel symptoms)

SPIRITUALITY



SPIRITUALITY

NOTES:

SPIRITUALITY

ASSESSMENT: WHERE ARE YOU NOW?

When I feel fear, I react negatively.

- Always
- Sometimes
- Never

I identify with my name...

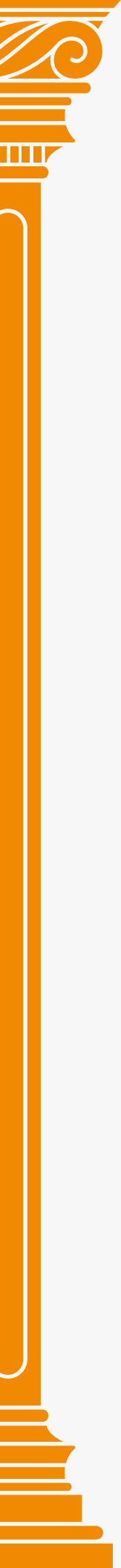
- Always
- Sometimes
- Never

I am aware when I am not grounded with my higher self...

- Always
- Sometimes
- Never

I forgive my interactions with others and myself.

- Always
- Sometimes
- Never



SPIRITUALITY

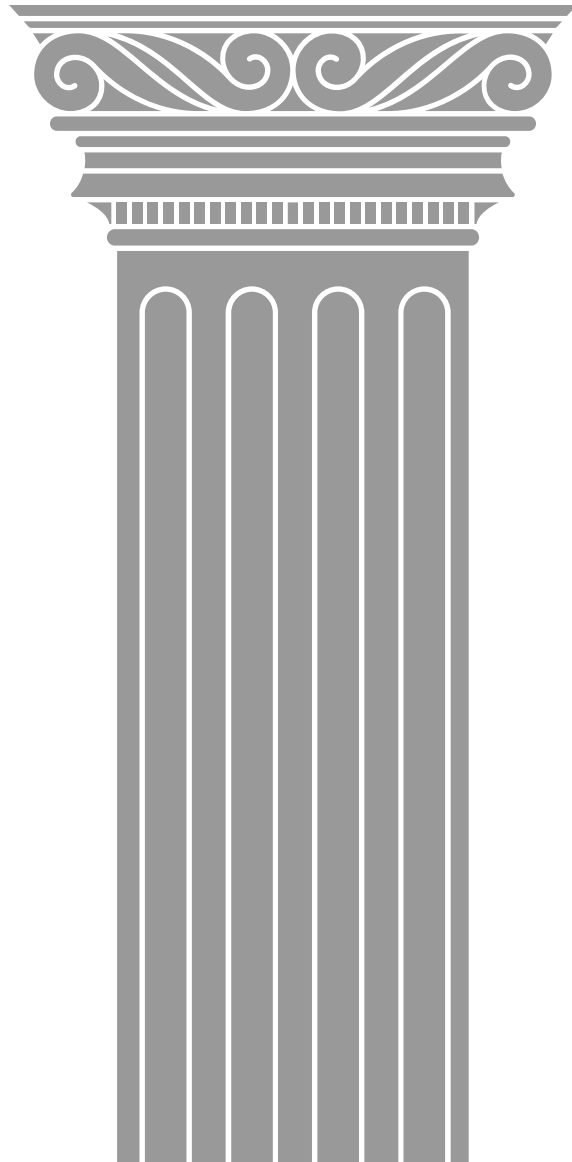
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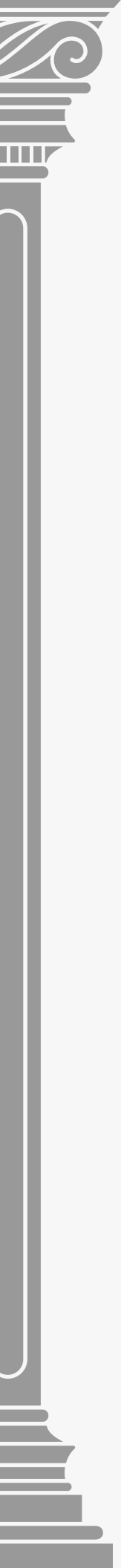
What is one practice I could implement to improve my connection to God/source/universe?

GOAL:

ACTION:

LAW





LAW

NOTES:

LAW

ASSESSMENT: WHERE ARE YOU NOW?

I know the difference between the private and public...

- Always
- Sometimes
- Never

In the event of a lawsuit, I know how to handle it myself...

- Always
- Sometimes
- Never

I know how to make sure my wishes are carried out when I pass...

- Always
- Sometimes
- Never

I know how the government actually works...

- Always
- Sometimes
- Never



LAW

REFLECTION:

What is something I learned that was shocking?

What is something I knew intuitively that was confirmed?

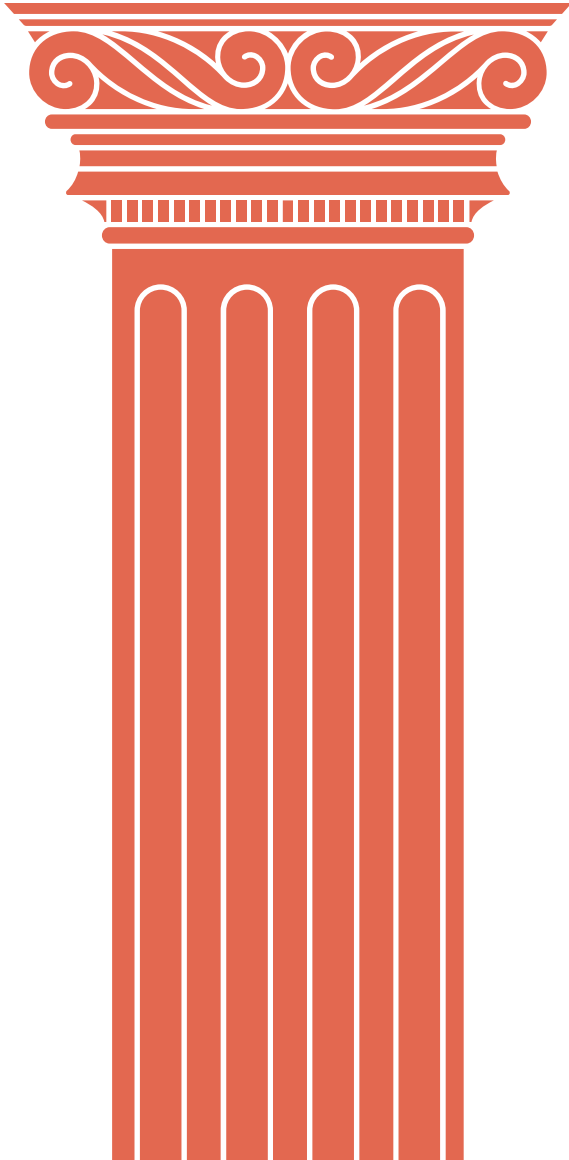
GOAL:

What seems like a reasonable goal to accomplish by the end of this year?

ACTION:

What is one step I want to accomplish to remove myself from the matrix?

EDUCATION



EDUCATION

ASSESSMENT: WHERE ARE YOU NOW?

I have the capacity to handle my son/daughter's education.

- Always
- Sometimes
- Never

I can learn anything I want to learn.

- Always
- Sometimes
- Never

I know how to find most information I desire to know.

- Always
- Sometimes
- Never

When I need to know something, I first reach out to a friend, colleague or family member...

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EDUCATION

REFLECTION:

(if you have sons/daughters) What would be the ideal way for each of my offspring to be the best version of themselves? How can I take the first step to achieve that outcome?

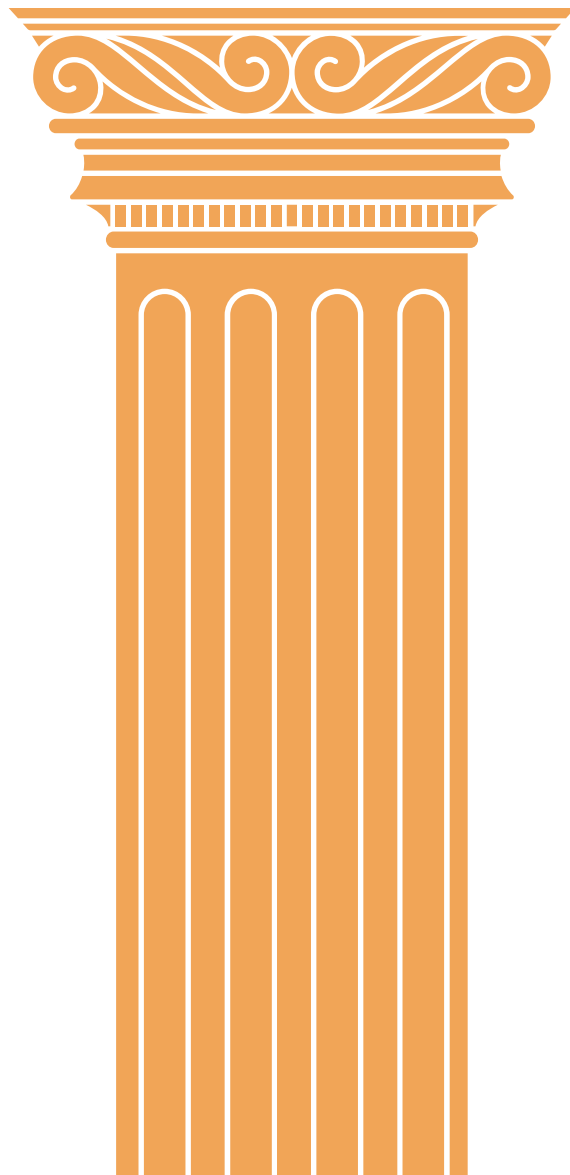
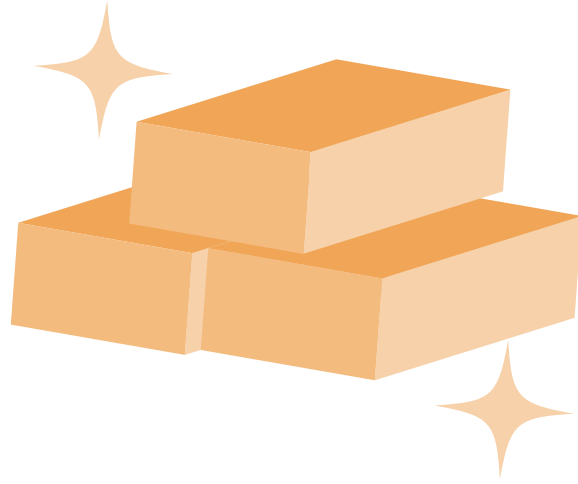
GOAL:

Set a goal that makes sense for your life (ie: something you want to learn about, a course you want to complete, an experience you want to do with your family/friends).

ACTION:

What is the first step to achieving my goal?

WEALTH



WEALTH

ASSESSMENT: WHERE ARE YOU NOW?

My mindset around money is very positive.

- Always
- Sometimes
- Never

Anytime the topic of money comes up, I feel confident.

- Always
- Sometimes
- Never

I feel confident in my financial future...

- Always
- Sometimes
- Never

When I want financial direction I reach out to a CPA or Bar Attorney.

- Always
- Sometimes
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WEALTH

REFLECTION:

What resonated the most with me? What will my first step be (ie: obtaining assets, setting up a trust, creating a will)?

In what ways am I wealthy?

GOAL:

What is my financial goal?

ACTION:

What will be my first step in achieving my goal?

INTEGRATION



INTEGRATION: HEALTH

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INTEGRATION

REFLECTION:

Review the answers of each pillar's assessment compared with the results now. Reflect and/or write down all the things you have learned, watched, read and shared.



INTEGRATION

GOAL:

What characteristics does your ideal higher self hold?



INTEGRATION

ACTION:

How would you rank the 5 pillars according to your life?

What is my to-do list according to priority?
