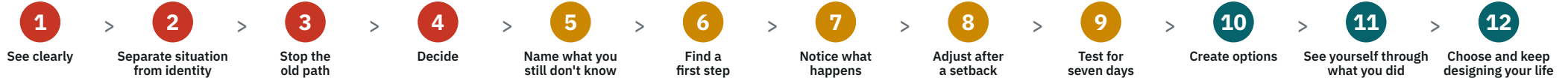


BREAK/FREE Your Life on One Page

Goal: Design your own life with options you create.

The One Thing I Chose to Change

The Life I Want in This Area



BREAK - See Clearly and Make Room

1 The Truth I Can See More Clearly

Write the facts, their impact, and the words you used to judge yourself.

2 What I Will Stop and My First Decision

Name what you will stop, what will replace it, and the first action you committed to.

BETWEEN - Act, Experiment, and Learn

3 What Actually Happened in the Seven-Day Experiment

Review all seven days: what changed, and what answer did the experiment reveal?

4 What I Learned and What I Will Adjust

Sum up what helped, where you became stuck, and what you will change.

FREE - Create Options and Design Your Life

5 The Options I Created

Separate the paths usable now, those needing preparation, and those you are not choosing.

6 The Path I Choose Now

State why, what you are willing to trade, and which path you are setting aside for now.

7 The Next Option I Will Build

Name the missing information, skill, support, or resource, then add a start and review date.

What I Will Keep Caring For

Signs I Am Drifting

The First Thing I Will Do

Who I Will Contact

Review this page when you learn more, or when what matters and the conditions of your life change.