

Thrive with Martin

Freedom Assessment & 30-Day Action Plan

Use this worksheet to reflect on what real freedom means in your life. Rate each dimension, identify constraints, and create a 30-day action plan to grow your personal freedom.

Dimension	Your Rating (0-10)	Helping Factors	Constraining Factors
Physical Freedom (safety, mobility, bodily autonomy)			
Health Freedom (physical, mental, emotional)			
Wealth & Lifestyle Freedom (financial options, ability to choose how you live)			
Intellectual & Mental Freedom (critical thinking, open mind)			
Discipline & Habit Freedom (structure, consistency, habits)			
Ownership of Consequences & Responsibility			

Reflection Questions:

1. Which dimension has the lowest score? Why?
2. Which dimension, if improved by just 2 points, would make the biggest difference to your life?
3. Which freedoms do you most deeply care about (e.g. creativity, time, health, relationships)?

30-Day Freedom Growth Plan

Choose one dimension to focus on this month and complete the weekly plan below.

Week	Goal for the Dimension	Small Habit or Action (daily/weekly)	Resources / Support Needed	Checkpoint / Outcome
Week 1				
Week 2				
Week 3				
Week 4				

Additional Prompts:

- What will you commit to doing every day (or most days)?
- What environmental changes can you make to reduce friction for your goal?
- What accountability or support will you put in place (journal, partner, coach)?
- At the end of 30 days, how will you measure success or progress?