

REFLECT DAILY

**JOURNALWRITING**



**Connecting through the written word helps to deepen your self knowledge.**

*By Rick Freeman*

The journal is a powerful tool for self-reflection and personal growth. It allows you to explore your thoughts, feelings, and experiences in a safe and private space. Writing in a journal can help you identify patterns in your behavior, gain insight into your emotions, and clarify your values and goals. It's a practice that encourages mindfulness and self-awareness, leading to a deeper understanding of yourself and the world around you.

OBSERVE THE PRESENT

**MEDITATION**



**The present moment is the point from which all future possibilities emerge.**

*By Rick Freeman*

Meditation is a practice that allows you to focus your attention on the present moment. It helps you to become more aware of your thoughts, feelings, and sensations as they arise. Through regular meditation, you can develop a greater sense of calm and clarity, and learn to let go of worries and distractions. This practice is essential for observing the present and recognizing the potential for growth and change in your life.

GET CLARITY

**GETCLARITY**



**Clarity about your present reality, provides a springboard for change.**

*By Rick Freeman*

Clarity is the key to making meaningful changes in your life. It involves looking at your current situation with a clear and objective eye, identifying the strengths and weaknesses, and understanding the underlying causes of any challenges you face. Once you have a clear understanding of your present reality, you can set realistic goals and develop a plan of action to achieve them.

KNOW YOURSELF

**VALUESMAP**



**Understanding your values strengthens inner congruence and personal power.**

*By Rick Freeman*

Values are the core beliefs and principles that guide your behavior and decisions. Understanding your values is essential for living a life of integrity and fulfillment. It helps you to identify areas of congruence and incongruence in your life, and make choices that align with your deepest values. This process can lead to a greater sense of self-awareness and personal empowerment.

USE TIME WISELY

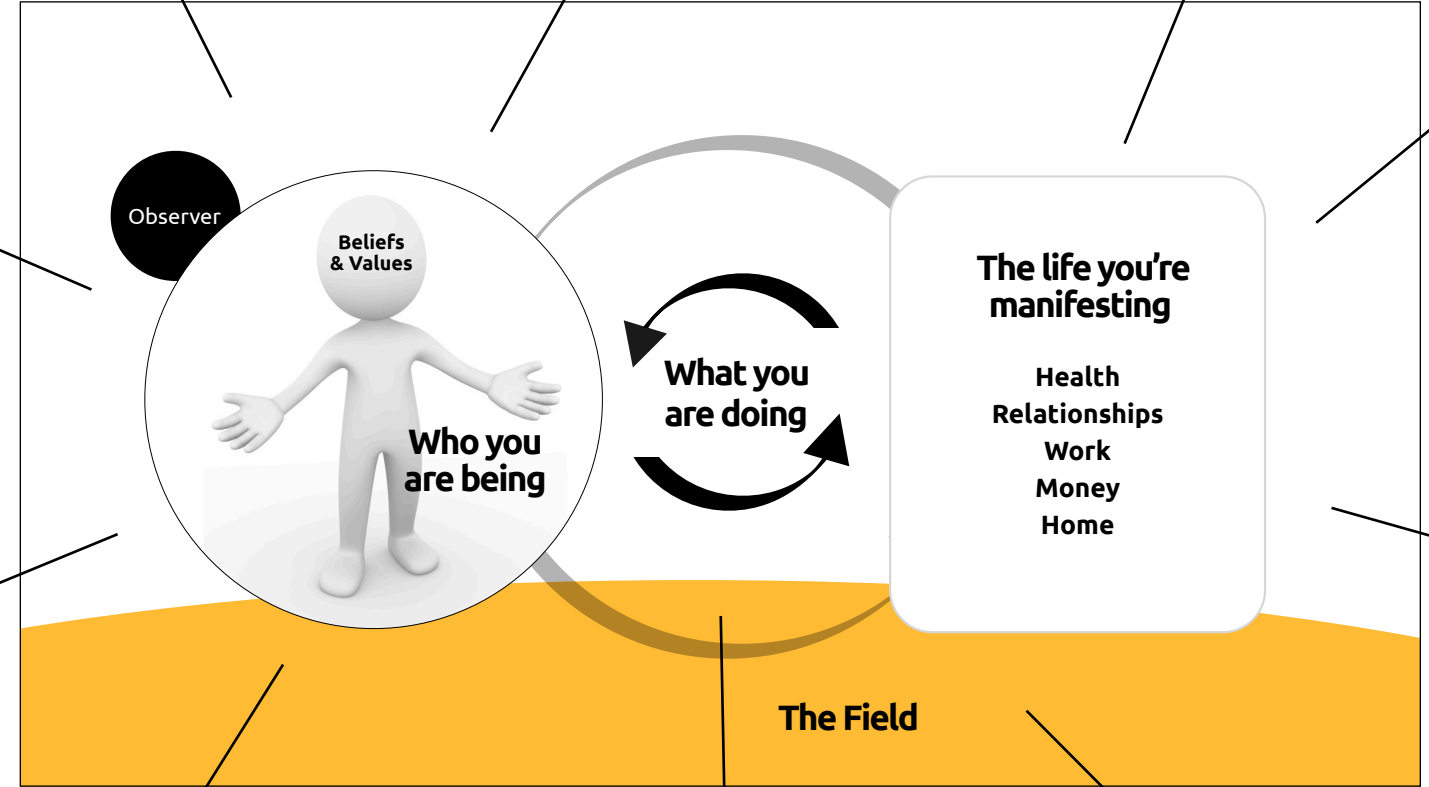
**TIMECHAMPION**



**Free time to be creative is essential, if you are serious about change.**

*By Rick Freeman*

Time is a precious resource, and it's essential to use it wisely if you want to create meaningful change in your life. This involves prioritizing your tasks, eliminating distractions, and making time for creative thinking and self-reflection. By becoming a "time champion," you can maximize your productivity and create the space you need to explore new ideas and opportunities.



**ALIGNYOUR BELIEFS**




**Creating alignment of beliefs, words and actions is essential for progress.**

*By Rick Freeman*

Alignment is the key to achieving your goals. It involves ensuring that your beliefs, words, and actions are all in harmony. When there is a disconnect between these elements, it can create internal conflict and hinder your progress. By aligning your beliefs with your words and actions, you create a powerful and coherent message that supports your vision and goals.

**VISIONBUILDER**



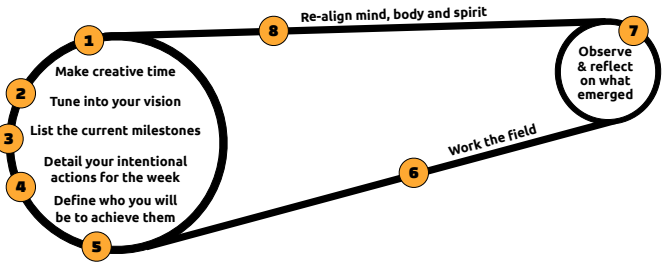
**In order to create your ideal future, you first must imagine how it looks.**

*By Rick Freeman*

Visualization is a powerful tool for creating your future. It allows you to see your goals and dreams as if they were already real, which helps to clarify your vision and increase your motivation. By regularly visualizing your ideal future, you can attract the resources and opportunities you need to make it a reality.

ALIGN YOUR BELIEFS

DEFINE YOUR VISION



**CREATIVEVISUALISATION**



**Focusing intention on your vision causes physical reality to change.**

*By Rick Freeman*

Creative visualization is a technique that allows you to use your imagination to create a clear and detailed picture of your goals and dreams. By focusing your intention on this vision, you can attract the resources and opportunities you need to make it a reality. This practice is essential for manifesting your future and creating a life of abundance and fulfillment.

**INTENTIONALACTION**



**The intention behind the action, is as important as the action itself.**

*By Rick Freeman*

Intentional action is the key to achieving your goals. It involves taking steps towards your vision with a clear and focused intention. This means being aware of your thoughts and feelings as you act, and ensuring that your actions are aligned with your goals. By practicing intentional action, you can create a powerful and effective path to success.

VISUALISE YOUR FUTURE

ACT INTENTIONALLY

**MILESTONES**



**The milestones connect your ideal reality, back to the present moment.**

*By Rick Freeman*

Milestones are the key to navigating your journey towards your goals. They are specific, measurable steps that you can take to move closer to your vision. By identifying and working towards these milestones, you can stay motivated and focused, and ensure that you are making progress towards your ideal reality.

NAVIGATE CONSCIOUSLY

