

The Backpack Business Lifestyle Profits Blueprint Workshop

Workbook Day 1

1. Make the decision to commit to your decision to create a freedom lifestyle.

2. Define your lifestyle with as much detail as possible.

What does your freedom lifestyle look like for the next few years? What are things that you want to do or pursue? What kind of schedule do you want? Who will you spend time with?

Here are some categories of life to think about...

Your home/physical location: Do you live where you live now, bigger/better house, different location?

Personal growth: Do you dedicate time to your own personal growth? Are you learning about growing as a person and developing yourself further?

Relationships: Who are you spending time with? Do you want to have more people in your life and if so, how will you accomplish that?

Health: What do you eat? Are you cooking your own food, eating out more? What about exercise? Are you going to incorporate it into your lifestyle?

Fun: What do you do for fun and how often?

Hobbies: What hobbies will you have or learn about?

Finances: What do your finances look like? Are you saving money? Are you investing money? Are you giving money to causes you support?

Use the space below and detail out exactly how you want your lifestyle to be:

[illegible]

3. Take self-inventory! What skills do you have? What interests do you have? What ideas do you have?

[illegible]