



How to *IGNITE* your Freedom Journal



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Change – What do you want to change?

- What is the *CHANGE* you want to make in your *HOME*? Do you want to be more present with your family? Do you want to lose weight or get healthy? Do you want to be debt-free? Do you want more out of your full-time gig? The answer to these questions are your first SMART goals.
- What is the *CHANGE* you want to make in the *WORLD*? The answer to this question is your Passion Project and your final SMART goal.

Resources – What is limiting you?

- *LACK of TIME* can prevent you from engaging with your family or health. It can prevent you from creating the art of your passion project.
- *LACK of MONEY* or debt can prevent you from investing into the right things like *YOU* and *YOUR* family.
- *STRESS* can cause you to veer away from goal-setting and live for the weekends.

Freedom Journal – It's time to set SMART goals for your first 100 days.

- Read the first 25 pages of the Freedom Journal to understand the SMART goal and how to use the journal.
 - Design your first 10-day sprint with 3 SMART goals. Here were mine:
 - 1) *Reduce my work week by one day by May 12, 2016 to reinvest into my family, health, and passion project.*
 - 2) *Achieve Shawn Stevenson's basic fitness benchmarks (50 push-ups, 10 chin-ups, 60-second plank, 100 squats, 50 lunges) by May 12, 2016.*
 - 3) *Connect to a new influencer daily for my passion project through May 12, 2016.*
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Legacy – Create a story that allows the Freedom Journal to outlive you.

- *CREATE* a *STORY* around your next 100 days to hold you accountable and leave an imprint upon your heart and mind forever. I chose to begin on February 2, 2016 or Groundhog Day. The Bill Murray movie really struck a nerve with me and I called my Freedom Journal journey "*The Groundhog Day + 100*". I didn't want to be Phil Connors with the same day on repeat. I wanted change.
- Write a journal entry on the inside cover of your Freedom Journal to the *YOU* of the *FUTURE* or *YOUR CHILDREN*. I chose to write "*A Forward to My Children*", where I shared my heart with them at the ages they are now and my reason for the Freedom Journal. I end it like this. "*And one day, you will be reading this and will see where it all began. This book is a legacy I leave to you.*"

Begin – Once you finish Day 1, make sure to join JLD's Freedom Journal private Facebook group. It is an invaluable resource. And remember, tell your story!

Zig Ziglar said it best. "*You don't have to be great to start, but you have to start to be great.*"

