



*listen to your freedom*

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## *Dedication*

This totally fun, challenging, mind-opening Workbook (*Playbook?!*) is dedicated to all of YOU who are brave enough to step out and allow yourselves to reach, to hope, to envision a better life... and then put all those intentions into ACTION.

Take this program, and this Workbook, have FUN with it and **SOAR HIGHER!**

**Important:** This *LTYF Workbook* is meant to be used together with the online **Listen To Your Freedom** program:

1. Start by going to [www.ListenToYourFreedom.com](http://www.ListenToYourFreedom.com)
2. Login to the MEMBERS area and start at Module 1.
3. When you are prompted, pull out this *LTYF Workbook* and begin mapping your journey to Freedom!

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# Module 1

## Module 1.2

What do friends or family say about you – what do you often hear them repeating?



(Note: If you can't think of anything, go to 5 friends or family members and ask them: What are the 3 best things about me and what are the 3 worst things about me? Then write their answers down above).

What do people always ask you to help them with?



What do people often ask your advice about?



What are your top 3 interests, or hobbies – what do you read books about, take courses in, spend time doing, or really enjoy doing?



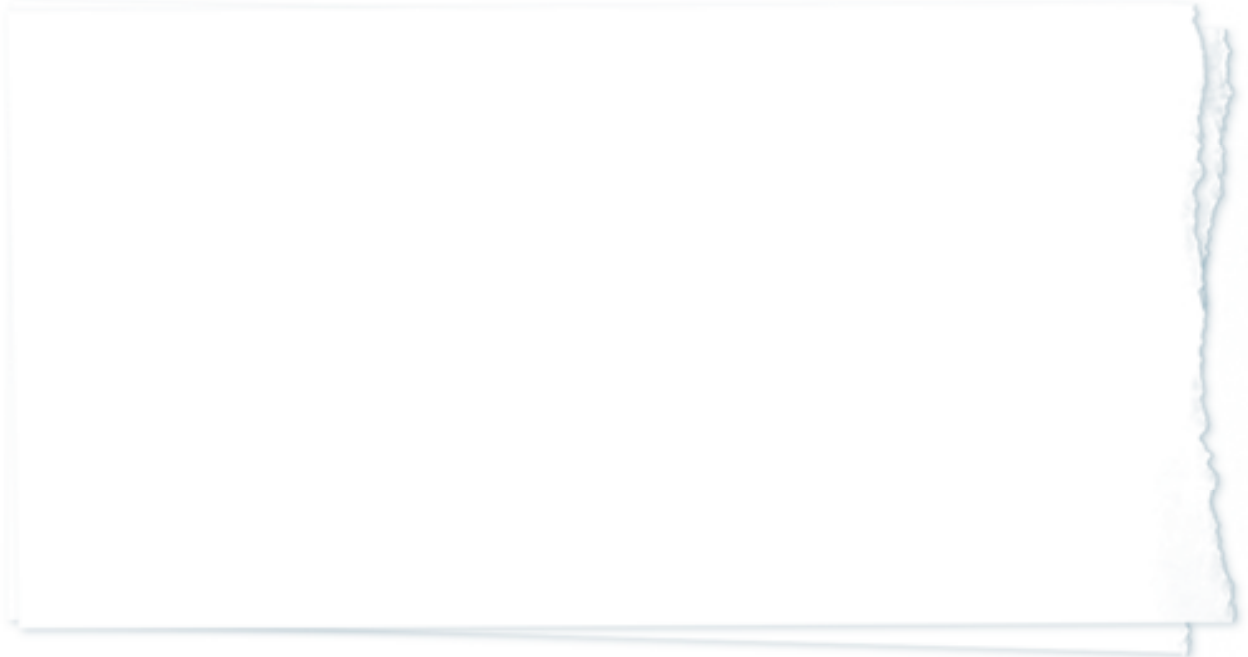
What could you talk about for one hour with no problem?



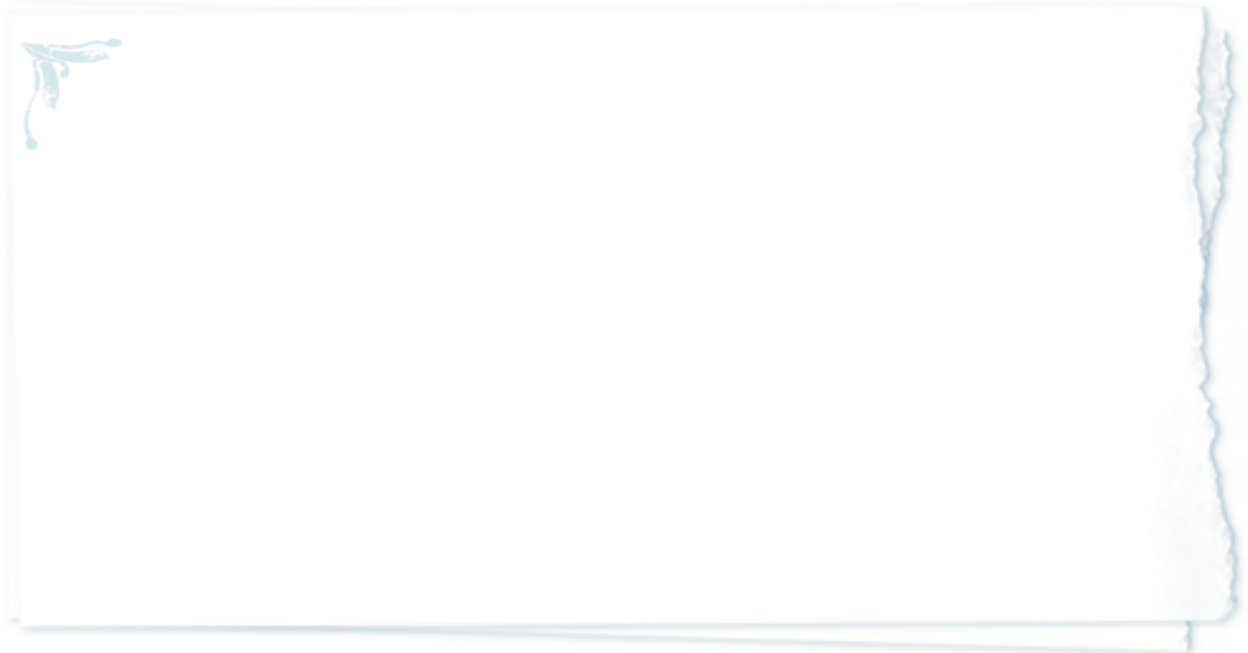
What do friends and family say you're really good at? (Note: Again, if you can't think of anything, go to 5 friends or family members and ask them: What are my top talents, what are the three things I do best? Then write their answers down here)



What do you wish you were really good at, or better at?



If money was not an issue, what would you spend your days doing?



Now go over your answers to all those questions. Look for any common or repeated elements. Which of those things leap out at you? Which things make your heart sing? Distill it down further into your top 3 talents, skills or interests. The top three things you have to offer the world, or are passionate about, or good at, or interested in.

Your Top 3 Talents or Interests:

1.

2.

3.

In a short while, we're going to return to these top 3 talents but for now, let's explore this process a bit deeper – so head back to Module 1.2 in the online program and let's carry on...

***RETURN to the LISTEN TO YOUR FREEDOM PROGRAM now!***

***Notes or Doodles***



## Module 1.3

My Top 3 Talents: The top three things I have to offer the world, or am passionate about, or good at, or interested in (grab these again from Module 1.2):

1.

2.

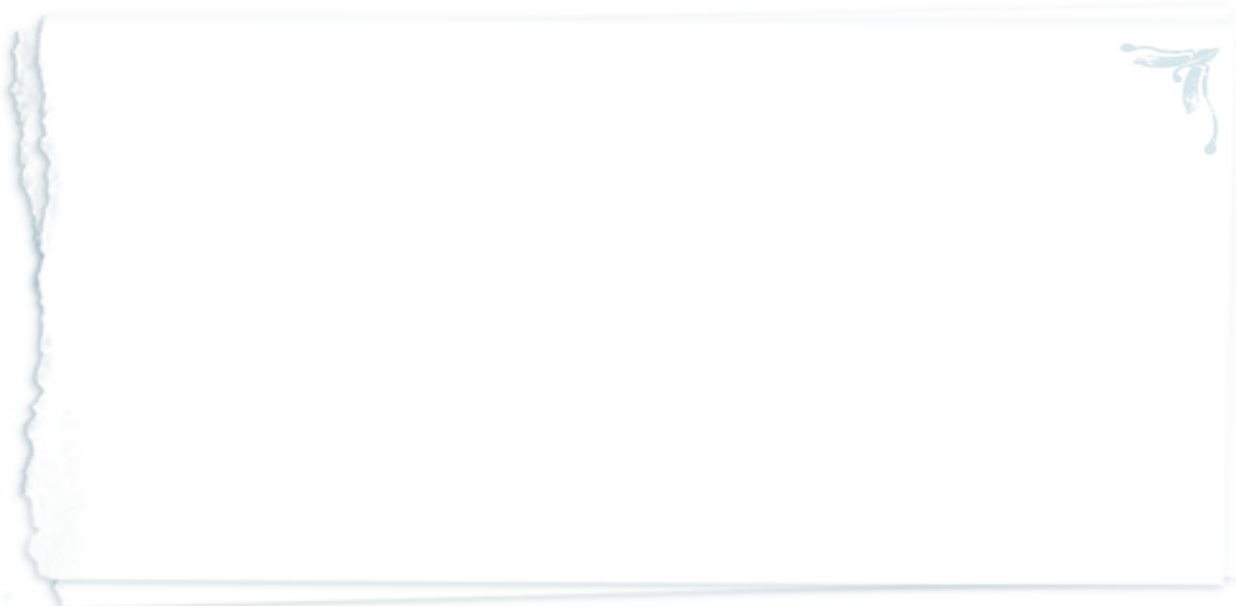
3.

For each of these three options (these are 3 things you are interested in, passionate about, and either have the skills to do something with, and do it well – or are committed to developing those skills), use the space below to list out your ideas for how you could turn each of these into a business. Don't worry about how "good" your ideas are, or whether they're way out there, or impractical. This is a brainstorming session! So just write down whatever comes to mind. Let your thoughts roam, brainstorm with friends, ask for dreams before you go to sleep, do whatever it is that connects you to your soul and/or a higher power. And if you have further thoughts later, maybe you do some brainstorming with a supportive, or wise person in your life, then come back and add more ideas.

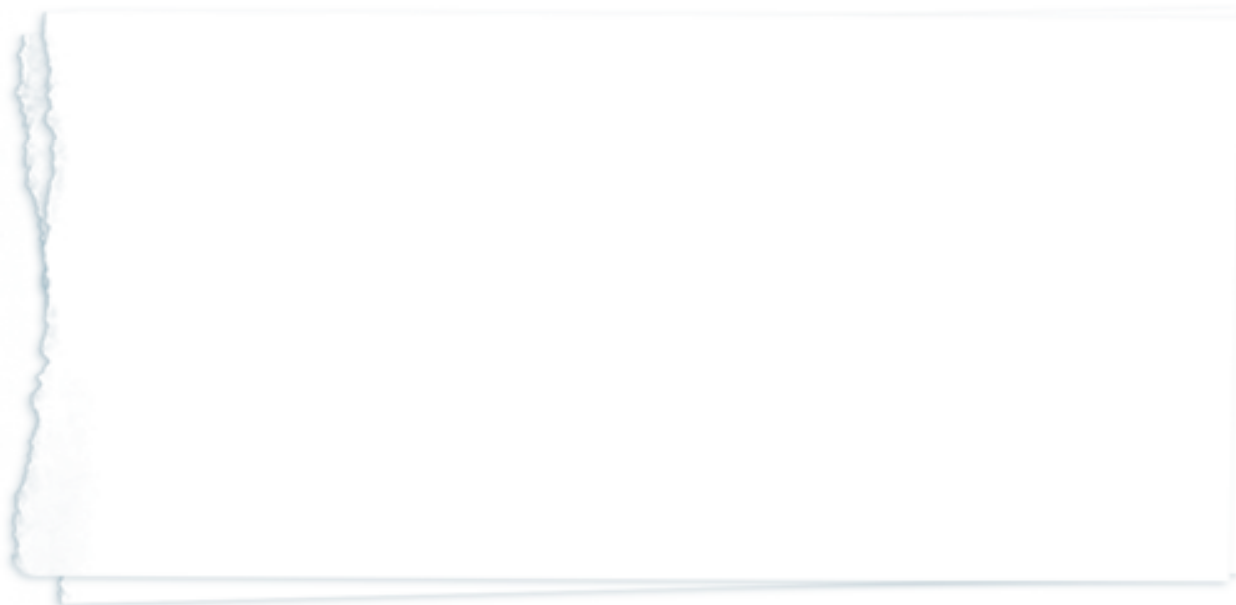
How I can turn my Top Talent #1 into a business:



How I can turn my Top Talent #2 into a business:

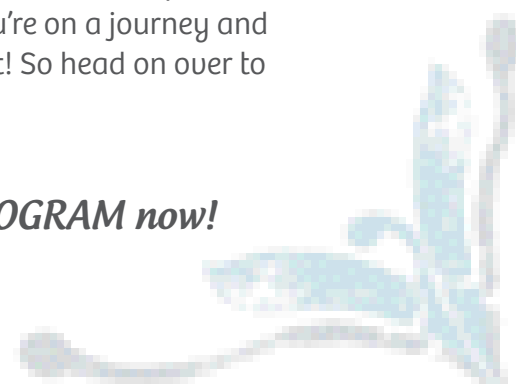


How I can turn my Top Talent #3 into a business:



At this point, don't worry too much about how viable your business ideas are, or fret about the details of turning these ideas into a business. Remember that you're on a journey and these points are all a vital part of the process, but we're not there yet! So head on over to Module 1.4 online now and let's keep going!

***RETURN to the LISTEN TO YOUR FREEDOM PROGRAM now!***



## Module 1.4

We all have beliefs about money that we have unconsciously absorbed from our parents, family members, or childhood events. Almost everyone has inherited negative, limiting beliefs about money. But we cannot begin to shift these beliefs (which then determine our actions) until we know what they are!

So let's begin the process of uncovering what your conscious and subconscious beliefs and attitudes towards money are.

Let yourself go loose-brain now and fill in the rest of this sentence with as many different words or sentences as you can – don't judge yourself, or try to fill in the "right" answer. In fact, we WANT all your devious, undercover answers to come on out into the light here. So go ahead and write down every thought – positive or negative – that comes to mind.

Money is :

Now keep going and do the same with the next set – just go loose-brain and write down whatever pops into your head. Don't edit or judge!

Rich women are :

Rich men are :



Are you surprised by some of your answers? I know when I did this exercise my answers to the 'Rich women are...' really shocked me! So now spend some time mulling over the significance of your answers and how these beliefs have been directing your life.

For example, if you're a woman and you answered, "Rich women are cold and emotionally distant," but yet you value being openhearted and compassionate... then what kind of roadblock are you holding against yourself becoming wealthy? If you have this kind of strong, negative belief, then you are not going to allow yourself to become rich, because you have an even stronger desire to remain openhearted and compassionate.

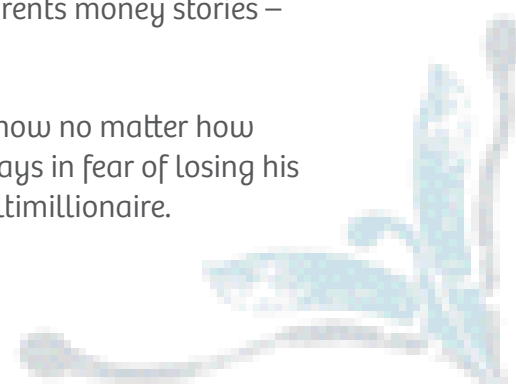
So whenever money starts to flow to you, you will shut it down before you receive too much – because you cannot allow yourself to become cold and emotionally distant. Do you understand how this works?

The great news is that change starts with awareness. Awareness is the first and perhaps biggest step in the process of changing limiting, contractile beliefs into life-giving, expansive ones. As we go through the Listen To Your Freedom program, I will be giving you more tools to facilitate shift and change for your abundance blocks and saboteurs. But this is the first step.

## Your Money Story

Continuing on, now let's look at your formative years and your parents (or guardian) specifically. Each of us automatically absorbs components of our parents money stories – both good and bad – and these then form our money story.

In the audio in unit 1.5, I talk a bit about my Dad's money story and how no matter how much money he has, he is mired in poverty-consciousness. He is always in fear of losing his money and never lets himself spend much – even though he is a multimillionaire.



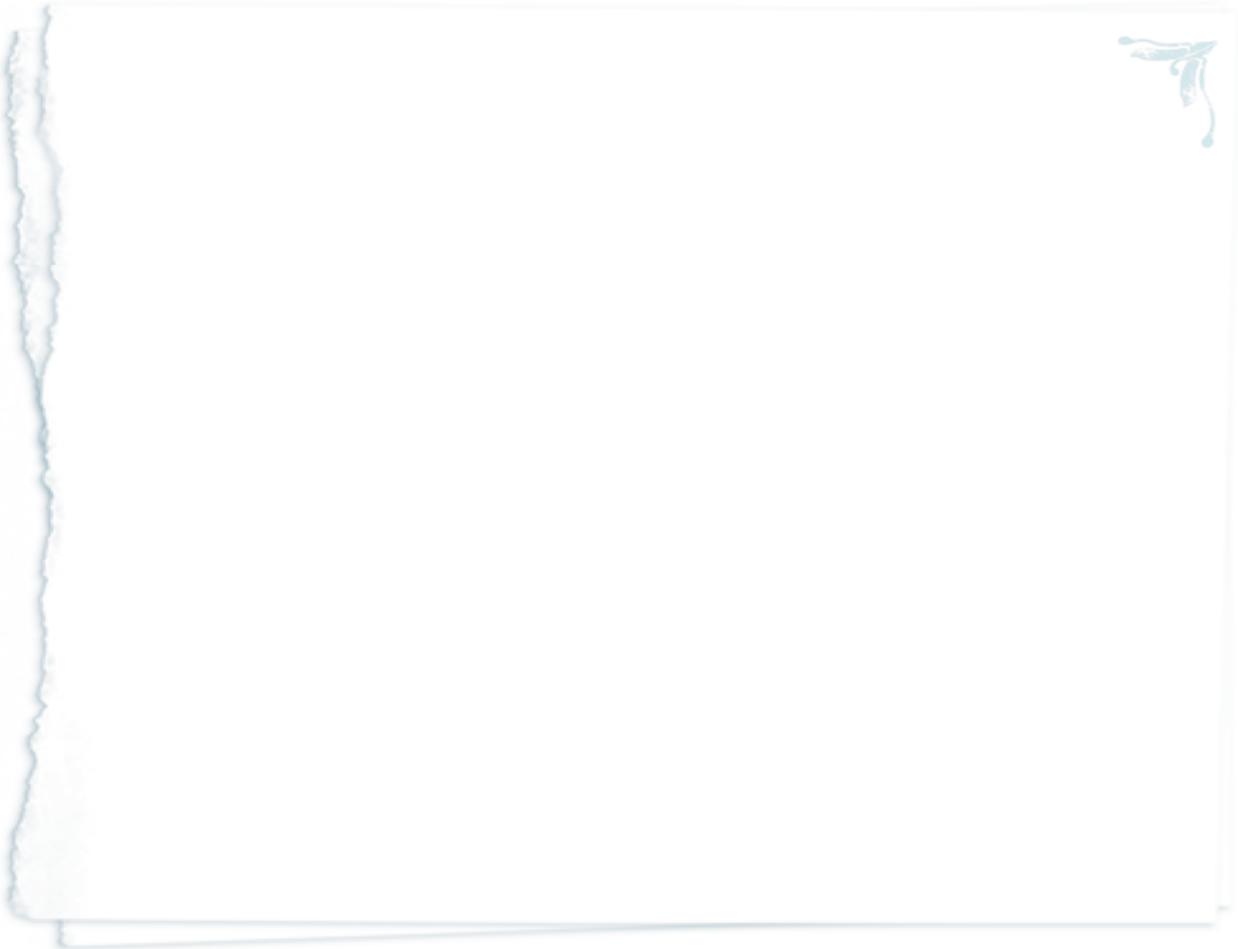
When you look at each of your parents' money story you will uncover how they feel about money, their beliefs about money, their beliefs about their own worthiness, their fears, their limitations, their judgments etc. And rest assured that you have inherited many of these, simply by osmosis.

So take some time now to recall the things you heard Mum and Dad say throughout your childhood – negative or positive. And write down the way each of them behaved towards money and around money, worthiness, earning money, spending money, etc. If you were raised by someone other than Mom and Dad, then just substitute for your guardian or major childhood parental figure or influence.

My Mom's Money Story:



My Dad's Money Story:



Write down any insights, or things you never realized before, about how your parents' beliefs have affected yours:



***RETURN to the LISTEN TO YOUR FREEDOM PROGRAM now!***



## *Action Steps Checklist*

How exciting - you're really on your way! Check these off as you accomplish them:

- Decided how I'm going to chart and record my journey to freedom; writing, audio recording, typing, online or offline (Module 1.1)
- Received my Pressie Package from Jini \*If you didn't receive your gift package, then email us! [service@listentoyourfreedom.com](mailto:service@listentoyourfreedom.com)
- Answered all the personal exploration questions and then distilled my answers down into my Top 3 Talents (Module 1.2)
- Brainstormed with friends or family, asked for a dream for guidance, meditated and came up with 3 different business ideas; one for each of my top talents (Module 1.3)
- Watched a few episodes of Brainstorm Your Biz to stimulate my own idea generation process (Module 1.3)
- Wrote down my three business ideas (Module 1.3) in my beautiful new LTYF Workbook (part of your Pressie Package)
- Completed the exercises to begin clearing my money blocks and saboteurs (Module 1.4) and listened to the Mark Silver audio (Module 1.5)
- Watched the video in Module 1.6 and spent some time pondering what I really want - from my entire life, not just my business.
- Listened to Jini walk SuZen Maureen through Module 1 and gleaned some insights into my own talents and what I have to offer (Module 1.7)


Notes to myself:




## *Notes or Doodles*



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