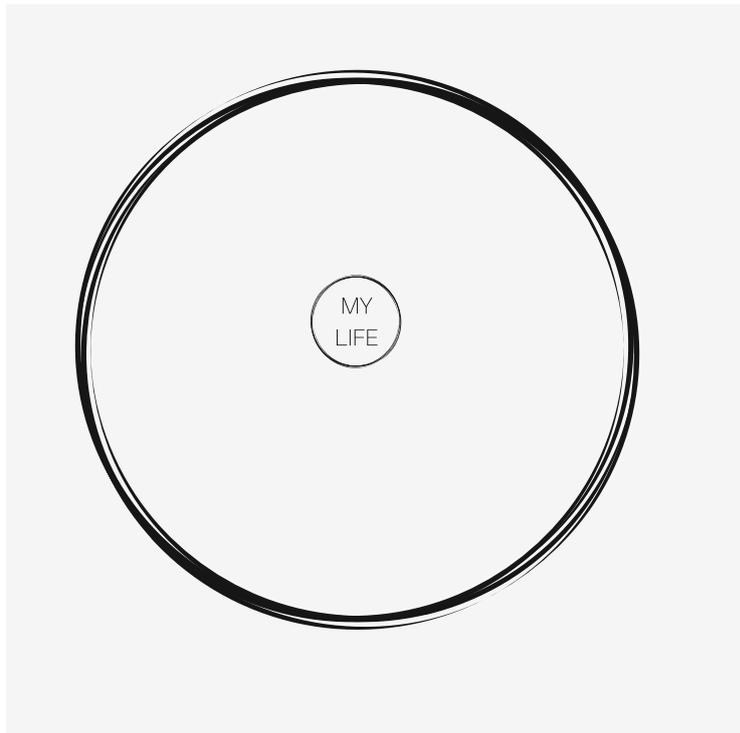


DESIGN SHEET

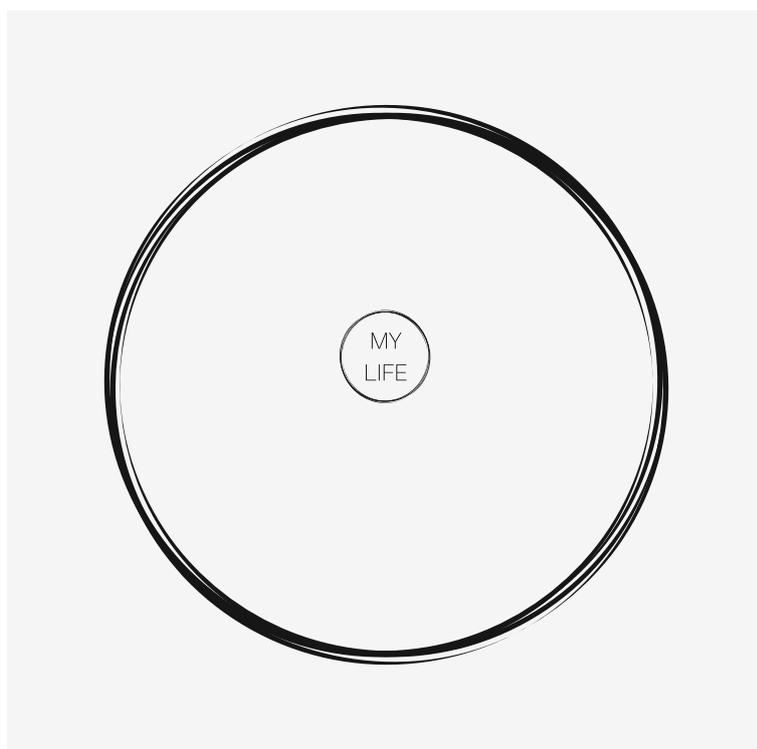


FINDING YOUR FUTURE FREEDOM

INSTRUCTIONS: Using the 7 F's, shade the circle based on how much time, energy, focus each of the current F's takes up in your life. If you're a workaholic then it could be more than 80% of your life is taken up with work. Then take the opportunity to determine what this balance will look like in your bespired* life.



CURRENT



FUTURE