

YOUR PRACTICE FREEDOM FILTER



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To create time freedom, you first need to assess what your current roadblocks are, then identify the easiest way to install solutions.

Choose one activity at a time only – you need to apply absolute focus in order to free up your time and profit at the same time.

Assess:

What are you currently doing that:

You no longer want to do/Want to do less of?

1.

2.

3.

4.

5.

How much time is this taking up? (hrs per week)

1.

2.

3.

4.

5.

How much headspace is this taking up?

If you were to delegate this, how much would it cost?

1.

2.

3.

4.

5.

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Opportunity cost: How much is it costing you right now by doing this? (multiply time it takes by \$400/hr N.B as a business owner your time is worth \$400-\$1000 + per hr when you're driving the business and not IN it)

- 1.
- 2.
- 3.
- 4.
- 5.

How is this impacting your business?

How is this impacting you personally?

Identify:

Which tasks or activities if taken off your hands, would free up your time, increase your growth, and improve your personal fulfilment?

Choose your ONE focus:

Which of the above would be the easiest to take off your plate? (Order your top 3)

Which of the above would benefit your business the most right now? (Order your top 3)

Based on the above, what needs to be your ONE focus to take away from you right now? (Order your top 3)