

SMALL CHANGES

Compounding Freedom

A simple workbook for creating meaningful change
through small daily actions.

Author

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Real Freedom Journey



Introduction

Welcome

Looking back, it feels like I've spent much of my life meandering through it rather than intentionally designing it.

Like many people, I got caught up in the practicalities of modern life.

- Bills.
- Responsibilities.
- Pressure.

I became stuck in what I call obligation loops, and over time I slowly lost connection with the parts of myself that made me feel most alive. Eventually, that left me feeling exhausted, unfulfilled, and burnt out.

As a kid, I imagined a different life. I wanted to be creative. To perform, to write, to express myself. But somewhere along the way, I played it safe.

I convinced myself that once I reached a certain level of financial security, then I would follow my real passions.

Looking back, I realise I could have done both. I could have worked a job while gradually building my craft. Instead, I spent years chasing financial security through work that never truly fulfilled me.

I think many people live this way. Carrying responsibilities while quietly feeling there is another version of themselves they would rather become.

For a long time, I wondered why I felt stuck. The truth is, it wasn't because I lacked motivation, discipline, courage, or intelligence. One of the biggest reasons was much simpler: I didn't know how to create lasting change.

So I set out to figure it out. What I discovered surprised me.

More importantly, it helped me make meaningful changes in my own life. That's why I'm sharing this journey. Not because I have all the answers, but because I believe what I've learned can help you create meaningful change in your life... too.

One of the first things I realised was that I had never clearly defined what I wanted. How could I move toward something if I hadn't taken the time to identify it?

So I began asking myself questions:

1. What do I actually want?
2. What do I want my future to look like?

For many of us, the obvious answer is freedom. But the real challenge is defining what freedom means. For me, it means:

- Freedom to choose
- Freedom to express myself
- Freedom to create
- Freedom from unnecessary obligation
- Financial freedom

Once I became clearer about what I wanted, another realisation emerged.

Trying to change everything at once is overwhelming, and most people give up before they even begin, or soon after.

Starting small made it possible for me to get started and to stay with it.

Over time, I realised that meaningful change rarely comes from one dramatic decision. It comes from small decisions repeated consistently.

That's the idea behind this workbook.

How to use the workbook.

This workbook isn't about becoming a different person overnight. It's about making small changes that move you a little closer to the life you want to create.

You don't need to complete every exercise at once. In fact, I encourage you not to. Take your time. Reflect. Be honest with yourself.

The purpose of these pages is not to judge where you are today. It's to help you become clearer about where you want to go.

As you work through the exercises, try to focus on progress rather than perfection.

Small changes may seem insignificant in the moment, but over time they compound. A ten-minute walk. A healthier meal. An evening spent creating instead of consuming. One difficult conversation. One new skill.

One small step repeated consistently— that's what matters.

Those small actions have a way of changing the direction of an entire life. Honestly, it's not the single action—it's the habit created by doing it consistently. Small changes are much easier to do consistently.

You may discover that some of your goals need refining. You may realise that some things you've been chasing aren't actually important to you. That's perfectly okay. Clarity often comes from reflection.

My suggestion is simple:

- Complete one section at a time.
- Write honestly.
- Review your answers regularly.
- Focus on one or two small changes at a time.
- Trust the process.

This workbook is not designed to create instant transformation. It's designed to help you build momentum. Sometimes momentum is all we need to begin moving in a new direction. Remember: You don't have to change everything. You just have to start.

Exercise 1: Write It Down

(Estimated Time: 5-10 minutes)

Before we can create meaningful change, we need clarity. Most people spend years thinking about what they want, but very few take the time to write it down.

This exercise is simple. Take a few minutes and write down 10 things you would like more of in your life.

Don't worry if your answers aren't perfect. Simply write down the things you would like more of in your life.

You might include:

- Better health
- More energy
- Stronger relationships
- More time
- Less stress
- Greater confidence
- More creativity
- Financial freedom
- More meaningful work
- More adventure
- A sense of purpose
- Peace of mind

Write down anything that comes to mind. The goal isn't to create the perfect plan. The goal is to start becoming aware of what matters most to you.

What Would You Like More Of?

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Reflection

Looking at your list, place a star next to the three items that, if improved, would have the biggest positive impact on your life.

Exercise 2: What I Want Less Of In My Life?

Estimated Time: 5-10 Minutes

Creating a better life isn't only about adding things. Sometimes it's about removing the things that no longer serve us.

Take a few minutes and write down ten things you would like less of in your life. Don't overthink it. Simply write whatever comes to mind.

You might want less:

- Stress
- Debt
- Clutter
- Self-doubt
- Procrastination
- Alcohol
- Screen time
- Negative thinking
- Busyness
- Obligation
- Worry

There are no right or wrong answers.

Just be honest.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Reflection

Looking at your list, place a star next to the three items that, if reduced, would have the biggest positive impact on your life.

Exercise 3: Choose Your Starting Point

(Estimated Time: 10-15 minutes)

Now that you've identified what you would like more of in your life, it's time to focus.

Many people never make progress because they try to improve everything at once.

- Health.
- Money.
- Relationships.
- Career.
- Fitness.
- Mindset.

The result is often overwhelm. Instead, choose one area from each exercise above that would make the biggest positive difference in your life if you improved it over the next 90 days.

Remember, this isn't necessarily the most important area. It's simply the best place to begin. Some areas may impact other areas.

My Starting Point. The area I want to focus on first is:

What I Want To Change	What I Want Less Of In My Life

Why is this important to me? Three reasons.

How would my life improve if I made progress in this area? Three reasons.

Reflection

Imagine yourself 12 months from now. You stayed consistent. You've made small improvements each week.

How would you feel? List 1.

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What would be different? List 1.

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Exercise 4: Start Small

Estimated Time: 5 minutes

Meaningful change rarely begins with a dramatic transformation. More often, it starts with one small action repeated consistently.

Review your starting points from Exercise 3. What's one small action I can begin this week?

- Choose something simple and realistic.
- Choose something you can see yourself repeating.
- Important— do something you enjoy.

Examples:

1 Action I want to Change	When	1 Action I want to stop	When
- 10 min walk on beach	Morning	Work a few hours less and day	Weekday
- Save \$20	Payday	Miss buying lunch one day	Weekend
- Eat fish or chicken with salad	Weekday	Stop eating sweets late night	Weekday
- Tell my partner 'I Love Them'.	Once/Week	Clean up after myself	Weekday
- Call a friend	Weekday	Turn Social Media one night.	Weekend

When will I do it?

☐ Morning ☐ Afternoon ☐ Evening ☐ Weekday ☐ Weekend

My Actions

I will repeat this action at least four times once each week over the next six weeks.

1 Action I want to Change	When	1 Action I want to stop	When

☐ Action 1 Completed.

☐ Action 2 Completed

Reflection

Remember: The goal isn't perfection, it's consistency. Be flexible—if you miss one week, start again the following week— if you miss a morning, do it in the afternoon or evening.

It may feel insignificant at first, but many small actions repeated regularly create results that seem disproportionate to the effort. This is the power of compounding, and it should be easy.

It's the habit that's being created, which has power, and the most rewarding habit is one of success. So start small and succeed. **Trust the process.**

Exercise 5: Review Your Progress

Estimated Time: 5-10 Minutes

Congratulations. You've taken action.

Whether you completed your actions four times, once, or somewhere in between, you've already done something important.

You started.

Take a few minutes to reflect on your experience. What went well?

What challenges did I face? (Max — 3 things)

1	
2	
3	

What did I learn about myself? (Max — 3 things)

1	
2	
3	

What positive changes did I notice? (Max — 3 things)

1	
2	
3	

What's one small action I would like to continue?

1	
---	--

What's one new small action I would like to introduce?

1	
---	--

Final Reflection

Success is rarely the result of one big breakthrough. More often, it's the result of small actions repeated consistently over time.

Every positive change begins with a decision to start. Every lasting change is built through repetition.

After some time you'll notice you'll start doing things naturally without thinking, and creating new small habits without having to write them down.

Keep going. **Small changes really do compound.**

One Final Thought

When I first started making changes, I felt impatient. Everything seemed too slow.

After writing down what I wanted and what I didn't want, I felt excited. I could suddenly see possibilities that I hadn't seen before.

Like many people, my first instinct was to change everything at once.

The problem was that trying to change too much too quickly felt overwhelming.

- I was creating long lists.
- Setting ambitious goals.
- Trying to redesign my entire life in a single weekend.

It didn't work. Then I noticed something important.

The changes that were easiest to maintain were the ones I genuinely wanted to do.

- I started listening to music and singing along again.
- I watched more comedy and laughed more.
- I made small improvements to my diet using foods I actually enjoyed eating.
- I spent more time creating.
- I went swimming some laps for exercise.
- I started playing golf with my brother and friends.

These weren't dramatic changes. But they made my life better. That was the point.

I wasn't trying to build a life with more rules. I was trying to build a life with more enjoyment, meaning, and alignment.

I also realised that some of the pressure I was feeling was self-created. I was scheduling too much. Expecting too much. Trying to do too much.

As I simplified things, I discovered something unexpected. Doing less often helped me achieve more.

- Small actions were easier to fit into my schedule.
- Small actions were easier to repeat.
- Small actions were easier to maintain.

Over time, those small actions started to accumulate. Not because any single action was extraordinary. But because consistency has a way of quietly compounding.

Perhaps the most important lesson I learned was this:

- You don't need to change everything.
- You don't need a perfect plan.
- You don't need to become a different person overnight.

You only need to choose a direction and take a small step.
Then another. And another.

Over time, those small steps can help you build a life with more freedom, more purpose, and less of the things that no longer serve you.

- 1. Start small.**
- 2. Stay consistent.**
- 3. Trust the process.**

Continue the Journey

If this workbook has helped you take even one small step, I'd love to continue the journey with you.

Real Freedom Journey

Every week I share practical ideas on:

- Creating more freedom
- Building meaningful work
- Simplifying life
- Small changes that compound over time

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