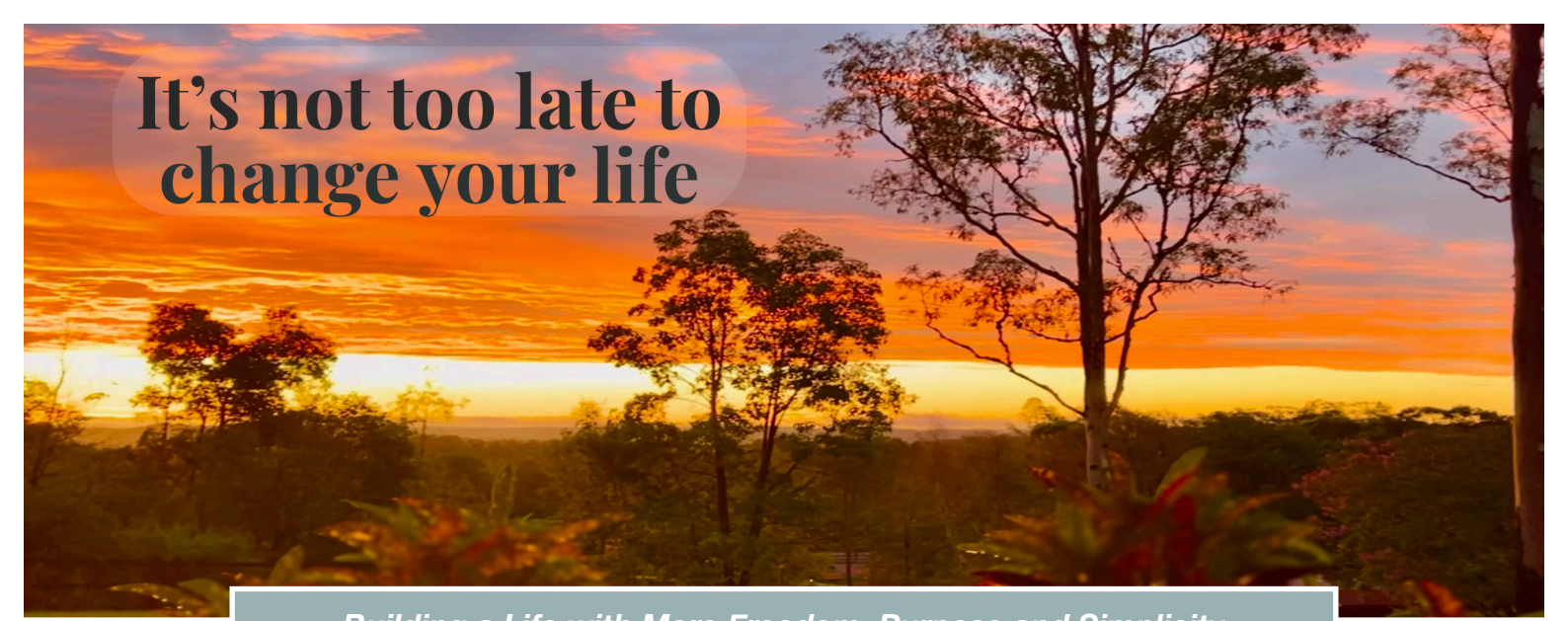




**It's not too late to
change your life**

Building a Life with More Freedom, Purpose and Simplicity

Small Changes Worksheet

10 Minutes Toward Freedom

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

By Mak Makune

Real Freedom Journey

Real Freedom Journey

Welcome

Meaningful change rarely comes from one dramatic decision. It comes from small decisions repeated consistently.

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.

That's the idea behind this workbook.

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.

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.

I found a simpler way to make lasting 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?

Like many people I want more freedom. But the real challenge is defining what freedom means. For me, it means: Freedom to choose, to express myself, to create. Freedom from unnecessary obligation and of course financial freedom.

How to use the workbook.

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: Areas You Want To Change

(Estimated Time: 5-10 minutes)

Copy from The Small Changes Work book.

AREA	RATING (1-5)
Health	
Relationships	
Career or Purpose	
Finances	
Spirituality or Personal Growth	

Exercise 2: What I Want More or Less Of In My Life

(Estimated Time: 10 minutes)

Copy from The Small Changes Work book.

What Would You Like More Of?

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

What Would You Like Less Of?

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Exercise 3: Start Small

Estimated Time: 5 minutes

Create 3 small actions you can make for each area of your life you want to make.

These will be repeated over the next 3 months (90 days).

Area 1

3 Small Action I want to Start	When	1 Action I want to stop	When
1			
2			

Area 2

3 Small Action I want to Start	When	1 Action I want to stop	When
1			
2			

Area 3

3 Small Action I want to Start	When	1 Action I want to stop	When
1			
2			

Area 4			
3 Small Action I want to Start	When	1 Action I want to stop	When
1			
2			

Area 5			
3 Small Action I want to Start	When	1 Action I want to stop	When
1			
2			

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 once or more you've already done something important.

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.**

Take a few minutes to reflect on your experience.

What went well? (Max— 3 things)

1	
2	
3	

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

1	
2	
3	

What did I learn about myself? (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	
---	--

One Final Thought- Its Gets Easier

After 3 months (90 days) start again with another 3 actions for each area.

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

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

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

Watch on YouTube
[@RealFreedomJourney](https://www.youtube.com/@RealFreedomJourney)



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