



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

Building a Life with More Freedom, Purpose and Simplicity

The Freedom Systems Planner

10 Minutes Toward Freedom

Build a Life With More Time, Less Stress, and More of
What Matters

By Mak Makune

Real Freedom Journey

Real Freedom Journey

Introduction

Most people don't need more motivation.
They need better systems.

When life gets busy it's easy to drift back into old habits, even when we know what matters most.

This planner isn't about becoming more productive.
It's about becoming more intentional.

Freedom rarely arrives all at once.
It usually grows through small systems repeated consistently.

Use these pages to design a life with more time, less pressure, and more space for the things that matter.

How to Use This Planner

There isn't a right or wrong way to use this planner.
It's simply a place to think more intentionally about the life you're building.

You can complete it all in one weekend or return to it over several weeks. The important thing isn't finishing quickly. It's creating small systems you can maintain consistently.

If you've already completed the ****Small Changes Workbook****, you can transfer your answers into this planner and use them as the foundation for your next steps.

If this is your first resource, don't worry. Start with Part 1 and answer each question as honestly as you can.

As you move through the planner:

- * **Focus on progress, not perfection.**
- * **Build one or two small systems at a time.**
- * **Review your planner intermittently.**
- * **Adjust your systems as your life changes.**
- * **Celebrate consistency, even when the progress feels small.**

Freedom isn't usually created by one big decision. It's built through small choices, repeated over time.

I hope this planner helps you create more time, less stress, and more room for the things that matter most.

Section 1: Build Your Small Freedom System

(Estimated Time: 10-15 minutes)

Copy the below from the small changes workbook:

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	

Section 2: Build Your Small Freedom System

(Estimated Time: 10-15 minutes)

What is a Small Freedom System?

A Small Freedom System is a small collection of simple actions that work together to support the areas of your life. You want to change.

Pick One Area Above From What You Want More Of

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

System Type	Structured	Freedom
What Day/s Of Week		N/A
Time of Day (Time Block)		N/A
How Many Times Each Week	N/A	
When will I begin?		
Why this matters to me?		

How will I know I'm succeeding? Simple, measurable wins that reinforce the idea that freedom is built through sustainable systems rather than flawless execution. Small changes.	Eg. I ate a healthy breakfast 2 days this week (make it easy to attain).	
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Growing Your System- Your next step

(When you're ready, duplicate this workbook and start another. You have momentum). Tip- Complete your 12 weeks- don't rush it. This s a process to develop for the rest of my life.

AREA	RATING
Health	
Relationships	
Career or Purpose	
Finances	
Spirituality or Personal Growth	

Section 5

Your 12-Week Reflection

This is where you look back on your progress.

Twelve weeks isn't the finish line. It's simply one chapter in a much longer journey.

You don't need to start over.

Keep the Small Freedom Systems that have become part of your lifestyle.

1	Which Small Freedom System was easiest to maintain?	Short Answer
2	Which ones were the most challenging?	
3	What positive changes have you noticed?	
4	What surprised you over the past 12 weeks?	
5	Which habits have become part of your lifestyle?	
6	Which ones would you like to continue?	
7	Is there anything you would like to change for your next 12-week cycle?	

"Build your freedom... one small system at a time."

Twelve weeks isn't the finish line.

It's simply one chapter in a much longer journey.

You don't need to start over.

Keep the Small Freedom Systems that have become part of your lifestyle.

Choose Your Next Step Below

(When you're ready, duplicate this workbook and start another. You have momentum)

Final Thoughts

Remember, freedom isn't created by changing everything at once.

It's created by consistently making small choices that reflect the life you want to live.

Some systems will stay with you for years.

Others will naturally change as your priorities change.

That's completely normal. The goal isn't perfection.

The goal is to keep moving towards a life with more time, less stress, and more of what matters.

Thank you for allowing me to be part of your journey.
I wish you every success as you continue building your own freedom.

Mak Makune
Real Freedom Journey

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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makmakune.com



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