

Freedom Mastery

Create the

YEAR OF LOVE

WORKBOOK

One day at a time

A 90-day guide to journaling and daily practice



A personal welcome

Make this the year you grow and enjoy the journey

I created this planner to help you put what you learn into practice, work towards a life you love and enjoy the life you are living along the way. Your goals matter, and so does the person you are becoming as you pursue them.

I believe we are spiritual beings who are here to create, grow and contribute. When we intentionally create something good in our lives, relationships and work, we can help make the world better for others and for the next generation. That belief is at the heart of Freedom Mastery.

My own journey began early as an entrepreneur, with plenty of struggle. My first business failed. At first, I blamed the market, difficult customers and circumstances around me. Over time, I began asking a more useful question: what could I change in my own thinking, choices and actions?

I became eager to learn. Over the years, I read more than 300 books and attended hundreds of seminars. I also worked with people and trained live audiences; I estimate that I have reached more than 100,000 people in those settings across the years.

Again and again, I noticed a familiar pattern. We could leave a seminar excited, full of ideas, then return to the same routines a week later. Sometimes the amount of information itself felt overwhelming. Inspiration mattered, but it needed somewhere to become a daily choice and a practical action.

I recognised another pattern in myself: working harder because I wanted more freedom, while leaving less time for family, joy and peace of mind. I was so focused on what I wanted to have that I was neglecting how I wanted to be. Chasing freedom on the outside had not taught me how to feel free within my own day.

A personal welcome

The change began with the life I was living

At one point, I was running self-development events around Asia. The business was doing well, but I felt stressed and out of balance. I had been giving so much attention to helping other people that I was neglecting my own needs. I had to look honestly at the life I was creating for myself.

I had always wanted to live by the sea. So I left the city and rented an apartment overlooking the water in Kota Kinabalu. I took a year away from organising large events and gave more time to my family, yoga, meditation and charity work, while continuing to look after my investments.

I also made room for the things I loved: dancing, nature, holidays and time with friends. I began to enjoy more of my life while still taking useful action. In my experience, that changed how I approached decisions, opportunities and setbacks. Caring for myself helped me give to others with more attention and willingness.

Across my career, I have generated more than \$50 million in sales. I have travelled to more than 105 countries and stayed for more than three months in over 35 of them. For about 20 years, I have lived a nomadic life, experiencing different cultures and ways of living. Seeing the world was a dream of mine, and I am grateful to have lived it.

Your dream may look completely different. You may want deeper relationships, meaningful work, more creativity or a quieter daily life. You do not need my version of success. What matters is discovering what you want and why it matters to you.

I still have ups and downs. Wonderful highs and difficult lows are both part of my story. I keep learning how to respond with more resilience, ask for support and choose a next step. Travel and meeting people have strengthened my belief that we can grow while contributing to a better future. I want this planner to help you make that connection in your own life.

A personal welcome

Today is about you

How are you doing in your life? Are you making time for what matters to you? What do you enjoy about an ordinary day? Where are you so busy meeting expectations that you have stopped listening to what you need? Give yourself a moment to answer honestly.

You will not achieve every goal overnight. But you can change your direction today. From there, progress becomes a series of choices and actions you practise, review and improve. This planner gives those small steps a place in your day.

Ask who you want to become as you work towards your dream. What qualities and practices would support that life? Stronger relationships might begin with listening more attentively. Creating something might mean showing up for a short practice each day. Choose a quality you care about, then bring it into an action you can take.

Make room for happiness in that picture of yourself. Why do you want the house, the money, the achievement or the lifestyle? Often we hope it will help us feel happy, free or fulfilled. You can work towards those goals while also choosing meaningful experiences along the way.

This is why I return to Be, Do, Have. Begin by being present and choosing how you want to approach your life. Then take useful action. Appreciate what develops and keep learning. You do not need a perfect feeling before you begin.

One of the most important questions in this planner is: "What will you do today to make yourself happy?" Choose something real: dance to a song, spend time outside, connect with someone you love or enjoy a quiet moment. Let enjoyment have a place beside your responsibilities.

Thank you for inviting me to be part of your journey. Be patient with yourself as you learn the pages. You do not need to do everything at once, and there is room for fun. We will begin with awareness and small steps, explore presence, then practise together through the morning, daytime and evening pages.

See the whole day. Find the guidance you need.

Both planner pages are shown together. Match each number to its lesson; tap a page reference to jump there.

DATE: _____

TODAY'S GOAL

I am grateful and appreciate that I have 10 new customers today!

REWARD IF ACHIEVED: Watch my favourite series.

WHAT AM I GRATEFUL FOR OR EXCITED ABOUT?

- I have 10 new customers.
- I am healthy and alive.
- My loving family and friends.

WHAT WILL I DO TO FEEL HAPPY TODAY?

- Listen to joyful music.
- Dance and sing.
- Spend time in nature.

TODAY'S TO-DO LIST

A+ Feel good and direct my emotions.

A+ Send 100 invitations for my webshop.

A+ Make five follow-up calls to customers.

Wash clothes.

POSITIVE HABIT CREATOR

Habit	Time
Gratitude	AM / noon / PM
Affirmations	3 x 5 min
Meditate	2 x 15 min
Exercise	5 min AM / 15 min HIIT
Self-improvement	Read The Secret: 15 min
Visualisation	AM / segment / PM
Love & bless	Everyone I meet

QUOTE OF THE DAY:

Whatever the mind can conceive, it can achieve."

AFFIRMATIONS FOR TODAY:

I appreciate the joyful experiences, abundance and health coming into my life.

Morning routine + nutrition

1. Appreciate the new day.
2. Visualise every step going well.

Feel appreciation for abundance:

a cheque in the mailbox; loving relationships; a healthy, fit body.

3. Exercise.
4. Positive declarations + visualisation.
5. Meditate + segment visualisation.

Segment visualisation + appreciation

Send 100 invitations:

50 via WhatsApp

50 via Messenger

15-minute break outside

Lunch with my best friend

Appreciate friendship and the food.

Segment visualisation + appreciation

Send 100 invitation emails.

Listen to my favourite music.

15-minute break outside

Call five customers and inspire them.

Reflect on today; plan tomorrow.

Reward: watch my favourite series.

Meditate and appreciate the day.

VICTORIES TODAY

- Sent 200 invitations; 10 customers.
- Felt good for much of today.

WHAT DID I LEARN TODAY?

- Appreciate in advance.
- Segment visualisation.

HOW DID I LOVE MYSELF TODAY?

- Did my morning routine.
- Ate well and exercised.

HOW DID I LOVE & GIVE TODAY?

- Helped my best friend.
- Inspired my five customers.

WHAT DID I APPRECIATE TODAY?

- An awesome lunch.
- Having a purpose to serve.
- Fresh air and wind.

HOW CAN I IMPROVE TOMORROW?

- Add more testimonials to my
- invitation emails.
-

IMPROVE YOUR VIBRATION

What emotions did I feel today? What thought & action led to this emotion? Why? How can I improve?

TIME	Emotion / Thought / Action
5 AM	Love myself, life, others and the planet. Give love to every part of my life.
10:30 AM	I forgive my partner. I love myself.
10 AM	I notice anger and blame. I can choose my response. I choose love, kindness and forgiveness.

JOURNAL IDEAS | NOTES | MIND MAP

I noticed anger when my partner was late. I blamed her for my frustration. Holding on to anger was hurting me, too. I can pause and choose how I respond. I can appreciate my life, plan my day, meditate or notice the present moment.

- Goal + reward
Page 18
- Gratitude + joy
Page 19
- Three priorities
Page 24
- Habit creator
Pages 21-22
- Quote + affirmation
Page 20
- Morning routine
Page 23
- Action + breaks
Page 26
- Wins + learning
Page 31
- Care + giving + gratitude
Page 32
- Improve tomorrow
Page 33
- Emotional awareness
Pages 27-29
- Your own reflection
Page 34

Before you begin

Awareness is where change begins

Why journal when you want to create a life you love? For me, it begins with awareness. When you pause to write, you give yourself a chance to notice what you are feeling, what you keep thinking about and what matters to you. Instead of moving straight into the next task, you can pay attention to the moment you are living.

Journaling is one way to become more present. You do not need an impressive entry. Begin with something honest: this is how I feel, this is what I want, this is what I can do next. The page gives you somewhere to set an intention, make a decision and notice a change you want to make.

This is how I bring manifestation into everyday life. I connect with what I want to create, appreciate what is already here, imagine how I want to approach the day and take action. Then I return to the page to learn from my experience. Your attention, choices and actions are things you can work with, while other people, circumstances and timing also play a part.

You may not change your whole life in one day. But you can make a decision to change your direction today. That is why I created this planner: to help you turn that decision into small steps you can take, notice and build on.

Go deeper - pause before you plan

Write three honest sentences: Right now I notice... What matters to me is... One choice I can make today is... Give yourself time to answer before deciding what comes next.

Before you begin

Put pen to paper. Give yourself a moment.

I use my phone too, and I am not against digital journaling. What I invite you to try here is a few quiet minutes with a pen and a page. Write at a pace that lets you notice what you mean. You can pause, cross something out and choose words that feel more honest to you.

Research gives us a reason to explore writing by hand. In a 2021 study of 48 young adults, paper-notebook users recorded schedules faster and did better on straightforward recall questions than tablet and phone groups. Overall memory performance was similar. This was a scheduling and memory study; it did not test journaling, manifestation or subconscious programming.

For your own practice, notice what helps you pay attention. When you write your intention, can you explain why it matters? When you record a feeling, can you identify what happened? When you choose an action, is it clear enough to begin? These questions matter more than producing a beautiful page.

Try five minutes on paper today. Set your phone aside if it distracts you, open your planner and begin with what is happening in your life now. Afterwards, notice what the writing helped you understand. You can use that experience to decide how paper and digital tools fit into your day.

The research behind this invitation

Umejima and colleagues (2021), Paper Notebooks vs. Mobile Devices. [Read the study.](#)

Before you begin

Less pressure. More possibility.

I believe we are here to create, grow as spiritual beings and contribute to something larger than ourselves. That belief is part of the purpose behind Freedom Mastery. I want this practice to help you improve your own life and bring more care into the lives of others.

When you open your planner, try approaching it as an invitation to explore. What would you love to create? What would you enjoy learning? What small experiment could you try today? You can care deeply about your direction while staying curious about the steps along the way.

Notice the difference between telling yourself, "I must make this happen," and saying, "I choose to work towards this." The first can feel like pressure. The second reminds you that there is a choice you can make. You may still have responsibilities and difficult tasks, but you can decide how you want to approach the next one.

I like to see this as a game of practice and discovery. Take a step, notice what happens and try again with what you have learned. Let there be enjoyment in the process. If a plan does not work, adjust it. You do not need to be hard on yourself to keep learning.

Before you write a long list of things you have to do, choose one thing you want to practise. Perhaps it is giving a task your full attention, speaking more kindly to yourself or making time for a joyful activity. Begin there.

Go deeper - change the invitation

Choose one task you have been describing as "I have to..." Write "I choose to... because..." If it is a responsibility you cannot avoid, name one choice you still have about how to approach it.

Before you begin

Build belief one small win at a time

Imagine learning to jump over a bar. If someone puts it far above what you believe you can clear, you may hesitate before you even try. Start lower, take the jump and experience success. Then raise it a little. Each step gives you another opportunity to practise and recognise what you can do.

I use that picture when I think about goals. I set big goals myself, and you can keep an ambitious direction. But the step you ask yourself to take today needs to make sense from where you are now. A big vision and a small first action can belong on the same page.

If you feel unsure of yourself, repeated disappointments or focusing only on what went wrong can make it harder to begin again. There can be many reasons confidence feels low. My practical invitation is to choose a manageable action and notice yourself following through, rather than making every attempt a test of your entire future.

Think about how you would encourage a child who was hesitant to try. You would offer a step they could attempt, recognise their effort and help them practise again. Offer yourself that same patience. Celebrate each real step forward, then decide when you are ready to increase the challenge.

In your planner, give the goal a clear first action. If the goal is to build a relationship, your first action might be sending one thoughtful message. If the goal is to learn a skill, it might be ten minutes of practice. Complete that action, recognise it and choose the next step.

Go deeper - choose your first jump

Write your larger goal. Under it, write an action small enough that you are willing to begin today. What will count as completing it? How will you pause to recognise that progress?

Before you begin

How high is your first bar?

Before you begin, ask yourself: how confident do I feel about taking action towards this goal right now? Give yourself a number from 1 to 10, where 1 means very unsure and 10 means very confident. This is a personal reflection, not a test or a fixed description of who you are. Your answer may change with the goal and the day.

If your answer is around 3, 4 or 5, try making your first step smaller. Choose something you can attempt without needing to feel completely ready. If your confidence is high, choose a useful stretch while keeping the action clear. The number helps you reflect; it does not decide what you are capable of.

After taking the step, recognise what you actually did. You began the practice. You sent the message. You made time to listen. Enjoy that moment instead of immediately moving the bar further away. A small celebration might be a kind sentence to yourself, a favourite song or the reward you chose in your planner.

Then ask what you learned and what comes next. You can repeat the same step, make a small adjustment or increase the challenge. Progress does not have to happen at the same speed every day. Keep returning to the practice with curiosity and care.

Before we bring this approach into a whole day, let's explore how to become present while you work towards your goals. Keep your planner beside you. We will begin with a pause, then move into the morning, daytime and evening pages.

Go deeper - your confidence check-in

My goal is... My confidence about the next action is ... /10. A manageable step today is... After I try it, I will recognise... Then I will decide whether to repeat, adjust or gently increase the challenge.

Presence / Before your daily practice

Enjoy the life you are creating, today

Earlier, I shared how making room for enjoyment changed my experience of working towards my goals. Looking back over the last 30 years, I can see that pattern through many ups and downs. Now I want to show you how I bring that lesson into an ordinary moment of the day.

One situation helped me understand the difference. After losing something I wanted, I became determined to get it back. I put more and more effort into recovering it, but I was becoming tense and making choices that took me further into trouble. Looking back, I could see how much of my attention was on what was missing.

That experience changed the way I approach my goals. I still take action. I am not asking you to sit back and do nothing. I want to notice the state I am acting from, take a moment to become present and then choose a useful next step. For me, this is what taking action in the flow means.

Presence does not require your life to be finished or your problems to disappear. You can begin by noticing where you are, what you feel and what is available to you right now. From there, you can appreciate something real and decide what to do next.

These are reflections from my own journey. Use them as an invitation to look at yours: when have you been so focused on reaching the next result that you stopped enjoying or noticing the life around you?

Go deeper - notice how you are approaching a goal

Think of one goal you care about. What do you notice in your thoughts and body when you work towards it? What would help you approach the next action with a little more attention and less pressure?

Presence / Before your daily practice

Be first. Then do. Let the results develop.

The order I return to is simple: be, do, have. Begin with being present. Then take action. Let what you are building develop through those actions, learning and the circumstances around you. Instead of postponing your whole experience of life until you have a result, bring care to how you are living while you work towards it.

By "be," I mean pause long enough to notice the moment you are in. Feel your feet on the ground. Look around you. Notice a breath. Ask what you can appreciate. This can be brief; it does not need to become another long task before you are allowed to begin.

By "do," I mean take the next useful action. Make the call, practise the skill, write the message or have the conversation. Bring your attention to what is actually happening, so you can respond and adjust. You do not need a perfect mood before doing something important.

By "have," I mean the experiences and results you are working towards. Some will take time, and some depend on other people as well as your own effort. Notice your progress and use what you learn. The point of this sequence is to connect your intention with action while making room to enjoy the process.

If you notice yourself forcing a task, try a short pause rather than abandoning it. Settle your attention, clarify what matters and choose one manageable action. Sometimes a few moments are enough to begin differently.

Go deeper - practise the sequence

BE: What do I notice and appreciate right now? DO: What useful action will I take next? HAVE: What am I working towards, and what progress can I recognise along the way?

Presence / Before your daily practice

Come back to the moment you are in

Nature helps me feel present, so I make time for it in my daily life. I go outside, look up at the sky and notice the trees or the birds. I let myself appreciate being alive before asking what else I want to achieve. It is a simple way of returning my attention to the life that is already here.

Try it in a place that is comfortable for you. You might step outside, sit near a window or simply notice your surroundings where you are. Look at a colour, a shape or the way the light falls. Listen for a nearby sound. Let your attention rest on something you can actually see or hear.

Notice your breathing without forcing it. If it feels comfortable, take a slow breath and feel the movement of air as you breathe. You can also keep your breathing natural and focus on your feet or the view in front of you. Choose a way of paying attention that feels easy to return to.

Now ask: what can I appreciate in this moment? Perhaps it is the fresh air, a quiet minute, a person you care about or the chance to begin again. You do not need to make the whole day feel wonderful. Begin with one thing you can honestly appreciate.

Bring that attention into the next activity. A walk, a page of journaling, a conversation, music or dancing can all become opportunities to notice your experience. Discover what helps you feel engaged with your own life.

Go deeper - a short return to the present

Notice one thing you can see, one sound and one comfortable physical sensation. Name one thing you appreciate. Then decide the next small action you want to take.

Presence / Before your daily practice

Appreciate now. Remember joy. Imagine what comes next.

I like to move through appreciation in a particular order. First, I notice what I have right now. Then I remember something good that really happened. From there, I imagine an experience I would love to create, and finally I take an action that supports it.

Begin with present gratitude. Choose something specific: a friend who cares about you, a meal you enjoyed or a few minutes to yourself. Pause to notice why it matters. Let the appreciation be connected to your own life rather than writing a sentence you think you should feel.

Next, recall a real happy memory. Remember a conversation, a moment of laughter or a step you were proud to take. Picture a few details and appreciate that it happened. You can celebrate the experience again without needing to recreate it exactly.

Then turn towards the future. Imagine looking back on a desired experience as though it had already happened. In my practice, this is a way to rehearse with appreciation: how would I like to act, and what would I be grateful for? It is an imagined future, separate from the real memory you just recalled.

Finish by choosing an action. If you pictured a warm conversation, you might send a thoughtful invitation. If you imagined completing a task, you might prepare what you need and begin the first step. Let the visualisation lead into participation in your life.

Go deeper - four lines in your journal

Right now, I appreciate... A real happy memory is... An experience I would love to create is...
One action I choose to take towards it is...

Your four lines:

Presence / Before your daily practice

Do not save all your joy for later

It is easy to tell yourself that you will enjoy life once you have more money, a different house or a particular result. I understand that wish. But ask yourself why you want those things. What do you hope they will let you feel or experience?

You can pursue meaningful goals and make room for enjoyment along the way. Having something you wanted does not automatically tell you how to appreciate it. For me, practising gratitude and presence is part of learning to enjoy the life I am building, one day at a time.

Notice what repeatedly pulls your attention away from the moment and what helps you return. My phone can be useful, but I can also lose myself in it. Long stretches at the computer can leave me disconnected from what is around me. Nature, journaling, a good conversation, play and dancing help me reconnect.

Your pattern will be personal. Use the two columns below as a starting point, then add your own examples. You do not need to remove every device or distraction. Choose one adjustment that gives you more opportunities to pay attention and enjoy your day.

As we move into the planner, keep this invitation with you: do not wait for the whole goal to arrive before allowing a meaningful moment now. Appreciate, act, notice and return. Let the journey include a life you want to be present for.

WHAT CAN PULL ME AWAY	WHAT HELPS ME RETURN
Scrolling without noticing the time	A walk; noticing the sky or trees
Working for too long without a pause	Comfortable breathing; a short break
Replaying a worry instead of acting	Journaling; one useful action
	Conversation; play; music or dancing
My own patterns:	My own ways to return:
_____	_____
_____	_____

[Start here](#)

Your day, one thoughtful step at a time

I created this guide to help you use your planner as part of your life. We will move through a full day together, so you can see what to write, when to return to the page and how each part supports the next.

This is a guide to the daily pages. The opening sections of your planner explore purpose and longer-term goals in more depth. Bring that direction with you here, then focus on the day in front of you.

Morning / pages 17-24

Choose a meaningful goal and one action you can take today. Connect with appreciation, choose supportive words and practices, and give your important actions a place in the day.

Through the day / pages 25-29

Before a task, briefly imagine how you want to approach it, then act. Make room for breaks. When you notice a strong emotion, pause to understand it and choose what to do next.

Evening / pages 30-33

Recognise what actually happened, what you learned and how you cared for yourself and others. Choose one improvement and prepare the next day.

Each lesson places a completed planner example beside its guidance. Read it, then write your own response in your planner. The boxes marked Go deeper are optional exercises added to help you practise the ideas. You can return to them whenever they are useful.

Part one / Morning

Begin with what matters to you

QUOTE OF THE DAY:	
<i>"Whatever the mind can conceive, it can achieve."</i>	
AFFIRMATIONS FOR TODAY:	
<i>I appreciate the joyful experiences, abundance and health coming into my life.</i>	

Start your morning with a few quiet minutes and your planner. Before you begin your usual tasks, decide what you want to focus on today and how you would like to feel.

Start with your goal and appreciation. Choose words and habits that support you, then create a morning routine you can actually use. Finally, select your important actions and give the first one a place in your schedule.

Some of these choices will carry through the whole day. Your habits are not finished after breakfast, and your affirmation can be a reminder you return to between tasks. Use your morning to fill in the page you will return to throughout the day.

Go deeper - optional practice

Open to your next daily page. Write the date and choose a small, realistic amount of time for this morning practice. Begin with the next lesson; you do not need to complete the entire planner today.

Morning / 01

One meaningful goal. One step you can take.

TODAY'S GOAL	
I am grateful and appreciate that I have 10 new customers today!	
REWARD IF ACHIEVED	Watch my favourite series.

Start by asking yourself what you really want. It sounds simple, but sometimes we choose goals because other people expect us to. Before you write today's goal, take a moment to notice whether it connects with a life that feels meaningful to you. I designed the opening purpose section of the planner to help you explore that more deeply. Here, we will bring that direction into a single day.

Choose one goal for today. In my example, I write that I am grateful and appreciate having 10 new customers. I express it as though I am looking back on a successful day. This brings together what I call asking and believing. Asking means deciding clearly what I want. Believing means imagining the experience I hope to create and connecting with appreciation as I work towards it.

In the reward box, write something enjoyable you will do if you achieve your goal. My example is watching a favourite series in the evening. Yours might be something completely different. Choose a reward that feels good to you, then decide what you can actually do to move towards your goal. You can choose your actions, even when the final outcome also depends on other people.

Keep your goal simple and specific. You do not need an impressive goal. You need one you care about, an action you can begin and a reason to enjoy following through.

Go deeper - optional practice

Would you still want this goal if nobody praised you for it? Write one reason it matters to you, then name an action you can take today.

Morning / 02

Notice the good. Make room for joy.

WHAT AM I GRATEFUL FOR OR EXCITED ABOUT?	
1.	I have 10 new customers.
2.	I am healthy and alive.
3.	My loving family and friends.

WHAT WILL I DO TO FEEL HAPPY TODAY?	
1.	Listen to joyful music.
2.	Dance and sing.
3.	Spend time in nature.

When I visualise, I like to imagine that the day has already happened. I picture looking back on it with appreciation, almost as if it were yesterday. Try that now: imagine one of the experiences you would love to have today, and imagine the appreciation you would feel at the end of the day.

Then come back to what you can appreciate in your life right now. In my example, I appreciate being healthy and alive, having a loving family and having friends. Some days you may notice something as simple as a kind message or a moment of quiet. Pause and notice why you appreciate it before filling in the next box.

Next, set an intention to do something that brings you joy. Music, dancing, singing and time in nature work well for me. Find out what works for you. I like to make room for it early in the day, so I begin with a feeling I want to carry into my activities.

These two boxes work together. Appreciation helps you notice what matters. A joyful intention gives you something practical to do. When the day becomes busy, you can return to them and remember how you chose to begin. Then take the next action on your plan.

Go deeper - optional practice

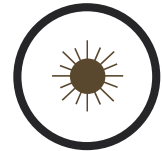
Choose one thing you appreciate. Pause and write why it matters to you. Then choose one joyful activity and give it a place in today's schedule.

Morning / 03

Give yourself words worth returning to

QUOTE OF THE DAY:

"Whatever the mind can conceive,
it can achieve."



AFFIRMATIONS FOR TODAY:

I appreciate the joyful experiences, abundance
and health coming into my life.

At the top of the daily schedule, choose a quote or a thought that inspires you. I often take something useful from my reading and write it here. It brings the idea into my day, where I can see it and remember to use it.

Below it, write an affirmation. I like to include appreciation in mine. My example brings together joyful experiences, abundance and health, expressed as something I welcome into my life. I return to those words during the day.

Make the sentence your own. Choose words you can connect with and that remind you how you want to approach your actions. Perhaps you want to practise patience, courage, attention or kindness. Choose an affirmation that relates to something you want to practise or work towards.

Read it before a task or when you return to the planner. Notice whether it helps you focus. You can change it as your day or your priorities change. Let it be a useful reminder you enjoy returning to.

Go deeper - optional practice

Connect your affirmation to an observable action. If you choose patience, for example, where will you practise listening before responding today?

Morning / 04

Small practices you can return to

POSITIVE HABIT CREATOR	
Gratitude	AM / noon / PM
Affirmations	3 x 5 min
Meditate	2 x 15 min
Exercise	5 min AM / 15 min HIIT
Self-improvement	Read The Secret: 15 min
Visualisation	AM / segment / PM
Love & bless	Everyone I meet

Use the positive habit creator to turn good intentions into practices you return to. I begin with gratitude in the morning, appreciation throughout the day and gratitude again at night. I also use affirmations: positive words I repeat to myself. In my own routine, I have used three five-minute sessions during the day.

Quiet time is another important part of my practice. I spend roughly 10-20 minutes meditating in the morning and evening to settle my attention. I also include a short morning exercise, around five minutes, and more movement later. These are examples from my life. Choose times and activities that suit your own needs.

For self-improvement, I read for a manageable period, often around 15-30 minutes, then focus on applying what I have learned. Reading gives me an idea; using it helps me bring it into my life. I visualise in the morning, before different segments of activity and again at night.

Go deeper - optional practice

Choose two practices from the example. Beside each, write a small version you can use on a busy day and a moment when you will do it.

Morning / 04 continued

Let your good intentions become familiar

POSITIVE HABIT CREATOR	
Gratitude	AM / noon / PM
Affirmations	3 x 5 min
Meditate	2 x 15 min
Exercise	5 min AM / 15 min HIIT
Self-improvement	Read The Secret: 15 min
Visualisation	AM / segment / PM
Love & bless	Everyone I meet

I also practise kindness and appreciation towards other people. Notice how easily judgement can become a habit. When you catch it, see whether you can turn towards goodwill: pause before a critical response, appreciate something about the person or offer help. For me, this is part of remembering our connection with each other.

The important part is returning to your practice consistently. Choose a small version, record what you do and adjust what is not working. If you miss a day, come back. There is no need to turn one missed day into a reason to give up.

You do not have to begin with every practice on this page. Choose one or two. Gratitude might start with naming one thing you appreciate. Learning might mean reading a short section and trying one idea. Write down the practices you actually use. Add more only when you are ready.

Go deeper - optional practice

Choose one everyday cue, such as breakfast or closing your laptop, to remind you of a practice. Try it, notice what happens and adjust the cue if you keep missing it.

Morning / 05

A morning routine that fits your life

5:00	☐	Morning routine + nutrition
5:30	☐	1. Appreciate the new day.
6:00	☐	2. Visualise every step going well.
6:30	☐	Feel appreciation for abundance:
7:00	☐	a cheque in the mailbox; loving
7:30	☐	relationships; a healthy, fit body.
8:00	☐	3. Exercise.
8:30	☐	4. Positive declarations + visualisation.
9:00	☐	5. Meditate + segment visualisation.
9:30	☐	

Your morning routine is a few minutes you set aside to prepare for the day. You can begin with 10, 20 or 30 minutes. My own routine has grown to around 30-60 minutes, but on a busy day I still make room for a shorter five- to ten-minute version. Find a rhythm that fits your life.

I start by appreciating the new day. Then I imagine it going well, bringing different areas of my life to mind: my work, relationships and health. I take a moment to connect with appreciation before visualising, so I am not simply rushing through a list.

I include some movement, positive declarations, visualisation and quiet meditation. Then I get ready for my first task. You can see how I write these activities into my schedule. Choose your own sequence and allow yourself to enjoy it.

If you are beginning, keep it simple. Appreciate one real thing, name today's goal, take a quiet pause and choose your first action. Add more only when it helps. The routine is there to support you and lead naturally into doing what matters.

Go deeper - optional practice

Build your five-minute version: a moment of appreciation, a quiet pause and one clear intention for action. Write when you will begin tomorrow.

Morning / 06

Three priorities. A clear place to begin.

TODAY'S TO-DO LIST	
A+	Feel good and direct my emotions.
A+	Send 100 invitations for my webshop.
A+	Make five follow-up calls to customers.

Once you have chosen your goal and the way you want to approach the day, move to your to-do list. I begin by paying attention to how I feel, then move into what I call joyful action. I want to begin my work feeling interested in what I am doing and grateful for the opportunity to do it.

Ask yourself which three tasks matter most. Which actions are likely to make the greatest difference today? In my example, I plan to send invitations and make customer follow-up calls. These tasks are specific ways I can work towards my customer goal. They are actions I can begin and complete.

Keep this list focused. A useful entry tells you what to do next. If a goal feels too broad, break it down into its first step. Then give that action a place in your schedule so it becomes part of your day.

I like to take a moment to feel calm and focused before I begin. Sometimes a brief pause is enough. You do not have to wait for a perfect feeling before doing something important. Choose a manageable first step, bring as much care to it as you can and adjust as you learn.

Go deeper - optional practice

If only one task could move forward today, which would matter most? Circle it, write its first small step and reserve a time to begin.

Part two / Through the day

Bring your intention into everyday moments

10:00	☐	Segment visualisation + appreciation
10:30	☐	Send 100 invitations:
11:00	☐	50 via WhatsApp
11:30	☐	50 via Messenger
12:00	☐	15-minute break outside
12:30	☐	
1:00	☐	Lunch with my best friend
1:30	☐	Appreciate friendship
2:00	☐	and the food.

You have chosen a direction. Now the practice moves into conversations, work, waiting, interruptions and the ordinary moments of your day. Keep your planner close enough that you can return to it without turning every check-in into a long exercise.

Before a new activity, prepare briefly and then begin. After a period of focus, take a break. When you notice a strong feeling, use it as a cue to pause and understand what is happening. You can adjust your response and still keep moving towards what matters.

These are two parts of the same practice: taking meaningful action and paying attention to how you are living while you take it. You will not always feel the way you planned. The next step is learning how to respond with care.

Go deeper - optional practice

Choose one transition today, such as starting work after lunch. Use it to look at your next priority, notice how you feel and decide your next useful action.

Through the day / 07

Picture the next step. Then begin.

10:00	☐	Segment visualisation + appreciation
10:30	☐	Send 100 invitations:
11:00	☐	50 via WhatsApp
11:30	☐	50 via Messenger
12:00	☐	15-minute break outside
12:30	☐	
1:00	☐	Lunch with my best friend
1:30	☐	Appreciate friendship
2:00	☐	and the food.

Start with one small segment of your day: a short period devoted to a particular task. I believe in building your visualisation practice gradually, much as you would build strength. Instead of trying to imagine a huge change all at once, prepare for a conversation, a work session or another specific action that is in front of you.

Before you begin, spend one or two minutes imagining the action going well. Picture yourself approaching it with attention, then imagine looking back with appreciation. I like to treat this as a small celebration in advance. After that brief moment, begin the task.

I often work for one to two hours, then take a 10-15 minute break, depending on the activity. I enjoy stepping outside and spending time in nature. In my example day, I also have lunch with a positive friend, with conversation and laughter. Make room for pauses and connection alongside your work.

Repeat the rhythm as you move between activities: prepare, act, pause and begin again. Keep your attention on the tasks that matter most. Use visualisation to prepare, then engage with what is actually happening. If something changes, take what you have learned and choose your next step.

Go deeper - optional practice

Preview one task. What will you do first? What obstacle might appear? Decide on one useful next step if it does, then begin the task.

Through the day / 08

Pause and listen to what you feel

IMPROVE YOUR VIBRATION	
TIME	What emotions did I feel today? What thought & action led to this emotion? Why? How can I improve?
5 AM	Love myself, life, others and the planet. Give love to every part of my life.

Use this reflection area to notice how you feel throughout the day. What we think can affect how we feel and what we do, but trying to watch every thought can become exhausting. I find it more useful to notice a feeling, pause and ask what has been happening. Write down the time so you can connect your reflection with that moment.

Here is an example from my own life. I was waiting for my partner and worried about being late for an appointment. I felt angry and wanted to blame her for delaying me. When I looked more closely, I could see that part of me wanted to show her how unhappy I was and get even. That was the reaction I needed to understand.

I asked myself what staying angry was doing for me. I wanted to show her how angry I was, but the longer I stayed angry, the worse I felt. Recognising that gave me a different question: what response would actually help? That was my interpretation of this particular moment. Your own feelings may point to different thoughts, needs or circumstances.

Through the day / 08 continued

Feel it. Understand it. Choose your response.

10:30 AM	I forgive my partner. I love myself.
10 AM	I notice anger and blame. I can choose my response.
	I choose love, kindness and forgiveness.

Begin with awareness, then acceptance. Notice the feeling and acknowledge that it is here. Next, create a little distance from it: you are experiencing anger, but anger is not all of who you are. You can feel it and still choose how to respond.

Use the writing space to explore your own experience. What happened? What were you thinking? What mattered to you? You are learning about yourself, not marking an emotion as right or wrong. Be honest about what happened, and be kind to yourself as you work through it.

Every emotion has its place. A difficult feeling is not something you need to condemn. It can bring your attention to something worth understanding. In the planner's opening emotional guide, you will find supportive phrases and possible actions. Use the daily reflection area to apply that guidance to a real moment in your life.

Go deeper - optional practice

Write four short lines: what happened; what I thought; what I felt; what response would help. Keep the event separate from the meaning you gave it.

Through the day / 09

Turn a difficult moment into a useful choice

10:30 AM	I forgive my partner. I love myself.
10 AM	I notice anger and blame. I can choose my response. I choose love, kindness and forgiveness.

If you feel angry, begin with a kinder inner conversation. You might remind yourself that you can care for yourself while pausing before you react. Then choose an action that helps: go outside, move your body, dance, take a quiet pause or have a useful conversation. You do not need to force a cheerful feeling before making a constructive choice.

Words and actions work together here. A supportive phrase is a starting point. Notice what happens when you pair it with a breath, a walk or a small practical change. Ask what helps you understand the feeling and respond with more care.

In the example with my partner, I decided that continuing to blame was not helping me. I chose to let go and forgive. I also realised I could use waiting time differently. I could count my blessings, appreciate my life, visualise, plan my day, meditate or simply be present for a moment.

Try small check-ins during the day rather than saving every reflection for bedtime. Notice the reaction, learn from it and choose your next step. Sometimes that step will still be a necessary conversation or a change in your plans. Responding with care includes taking your real needs seriously.

Go deeper - optional practice

Choose one helpful way to use waiting time: appreciation, planning, a quiet pause or noticing your surroundings. Try it without asking yourself to feel perfect.

Part three / Evening

End the day by noticing what it taught you

VICTORIES TODAY	
1.	<i>Sent 200 invitations; 10 customers.</i>
2.	<i>Felt good for much of today.</i>
WHAT DID I LEARN TODAY?	
1.	<i>Appreciate in advance.</i>
2.	<i>Segment visualisation.</i>

Before you move into another day, give this one a little attention. You have taken actions, met people, had feelings and learned things. The evening page gives you a place to notice those experiences and decide what will help you tomorrow.

Begin with real victories and lessons. Then ask how you cared for yourself, how you gave to others and what you appreciated. Finish with one specific improvement for tomorrow. You do not need to judge the whole day as good or bad to learn from it.

Keep imagination and reflection in their own places. Record what actually happened today, then use a brief visualisation to prepare for tomorrow. This way, appreciation stays connected to your life and your next step stays clear.

Go deeper - optional practice

Choose a moment when your evening reflection can fit naturally, such as before putting your planner away. Give yourself a quiet pause and start with one real thing that went well.

Evening / 10

Let your small wins count

VICTORIES TODAY	
1.	<i>Sent 200 invitations; 10 customers.</i>
2.	<i>Felt good for much of today.</i>
WHAT DID I LEARN TODAY?	
1.	<i>Appreciate in advance.</i>
2.	<i>Segment visualisation.</i>

At night, come back to your planner to reflect and appreciate. In my example, I record sending 200 invitations, welcoming 10 new customers and feeling good for much of the day. I take a moment to recognise those victories before thinking about what comes next.

Your victories do not need to be large. You may have completed a useful action, had a good conversation or handled a difficult moment with care. Write down what actually happened. A day can contain meaningful effort even when the result you wanted has not arrived yet.

If a goal is still unfinished, record that honestly. Then you can imagine approaching it differently tomorrow. Keep that rehearsal separate from your record of today: one helps you recognise real progress, and the other helps you prepare for your next attempt.

In the learning box, write what you discovered. My examples include appreciation in advance and segment visualisation. Your lesson might be about preparation, timing, attention or a conversation. Make it specific enough that you can use it tomorrow.

Go deeper - optional practice

Write a fact, a lesson and a next step. Example: I sent the message. Starting was easier once I kept it simple. Tomorrow I will make time to follow up.

Evening / 11

Notice the care you gave and received

HOW DID I LOVE MYSELF TODAY?	
1.	Did my morning routine.
2.	Ate well and exercised.
HOW DID I LOVE & GIVE TODAY?	
1.	Helped my best friend.
2.	Inspired my five customers.
WHAT DID I APPRECIATE TODAY?	
1.	An awesome lunch.
2.	Having a purpose to serve.
3.	Fresh air and wind.

Now look beyond your tasks. How did you care for yourself today? For me, this includes my morning routine, eating well, exercising and speaking positively to myself. Self-love becomes more meaningful when I bring it into ordinary choices throughout the day.

Then ask how you loved and gave to others. In my example, I helped a friend without asking for anything in return. I also followed up with customers because I wanted to help them, even when I did not have to call. I want to give with an open heart and appreciation, rather than treat kindness as a transaction.

This is part of why I created Freedom Mastery: to help us improve our own lives while contributing to the lives of others. Your answer does not need to be dramatic. Listening, checking in or offering practical help can make a difference.

Finally, write down what you appreciated. I mention an enjoyable lunch, a sense of purpose in serving, fresh air and the wind. Look for the details of your own day. Let your reflection include relationships, care and the ordinary moments that make life richer.

Go deeper - optional practice

Choose one small act of kindness for tomorrow without expecting anything in return. Then name one way you will care for yourself too.

Evening / 12

One small improvement for tomorrow

HOW CAN I IMPROVE TOMORROW?	
1.	Add more testimonials to my
2.	invitation emails.
3.	

Finish by asking how you can improve tomorrow. In my business example, I decide to add more testimonials to my invitations and improve the invitation emails. I turn what I have learned into a specific adjustment I can make.

After your evening reflection, take five to ten minutes to prepare the next day. Decide what you want to work towards and start filling in the next daily page. Use what you learned today, choose an initial priority and imagine how you want to approach it.

This brings the practice full circle: know what you want, appreciate, prepare, act and reflect. Come back to these ideas and use them in your everyday life. I designed the planner to help you turn personal development into something you actually practise.

Go deeper - optional practice

Turn a vague intention into one adjustment. Replace "do better" with what you will change, when you will try it and the first action it requires.

Your whole-day practice

Make tomorrow your own

Morning: my goal, what I appreciate and my first priority.

Through the day: my next action block, break and check-in.

Evening: a real victory, a lesson and something I appreciated.

Tomorrow: one helpful adjustment and the first step.

Daily page reference

Your morning and daytime page

Use the close-ups in each lesson for detail. This full-page example shows how the sections sit together.

DATE:

TODAY'S GOAL

I am grateful and appreciate that I have 10 new customers today!

REWARD IF ACHIEVED

Watch my favourite series.

WHAT AM I GRATEFUL FOR OR EXCITED ABOUT?

1. I have 10 new customers.

2. I am healthy and alive.

3. My loving family and friends.

WHAT WILL I DO TO FEEL HAPPY TODAY?

1. Listen to joyful music.

2. Dance and sing.

3. Spend time in nature.

TODAY'S TO-DO LIST

A+ Feel good and direct my emotions.

A+ Send 100 invitations for my webshop.

A+ Make five follow-up calls to customers.

Wash clothes.

POSITIVE HABIT CREATOR

Gratitude	AM / noon / PM
Affirmations	3 x 5 min
Meditate	2 x 15 min
Exercise	5 min AM / 15 min HIT
Self-improvement	Read The Secret: 15 min
Visualisation	AM / segment / PM
Love & bless	Everyone I meet

QUOTE OF THE DAY:

"Whatever the mind can conceive, it can achieve."

AFFIRMATIONS FOR TODAY:

I appreciate the joyful experiences, abundance and health coming into my life.

5:00 Morning routine + nutrition

5:30 1. Appreciate the new day.

6:00 2. Visualise every step going well.

6:30 Feel appreciation for abundance:

7:00 a cheque in the mailbox; loving

7:30 relationships; a healthy, fit body.

8:00 3. Exercise.

8:30 4. Positive declarations + visualisation.

9:00 5. Meditate + segment visualisation.

9:30

10:00 Segment visualisation + appreciation

10:30 Send 100 invitations:

11:00 50 via WhatsApp

11:30 50 via Messenger

12:00 15-minute break outside

12:30

1:00 Lunch with my best friend

1:30 Appreciate friendship

2:00 and the food.

2:30

3:00 Segment visualisation + appreciation

3:30 Send 100 invitation emails.

4:00 Listen to my favourite music.

4:30 15-minute break outside

5:00

5:30

6:00

6:30

7:00 Call five customers and inspire them.

7:30

8:00

8:30 Reflect on today; plan tomorrow.

9:00

9:30 Reward: watch my favourite series.

10:00

10:30 Meditate and appreciate the day.

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Your 90-day practice / freedommastery.com

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Evening page reference

Your reflection page

Return here to recognise your experience and choose what you want to do differently tomorrow.

VICTORIES TODAY		IMPROVE YOUR VIBRATION	
1.	Sent 200 invitations; 10 customers.	TIME	What emotions did I feel today? What thought & action led to this emotion? Why? How can I improve?
2.	Felt good for much of today.		
WHAT DID I LEARN TODAY?			
1.	Appreciate in advance.		
2.	Segment visualisation.		
HOW DID I LOVE MYSELF TODAY?			
1.	Did my morning routine.		
2.	Ate well and exercised.		
HOW DID I LOVE & GIVE TODAY?			
1.	Helped my best friend.		
2.	Inspired my five customers.		
WHAT DID I APPRECIATE TODAY?			
1.	An awesome lunch.		
2.	Having a purpose to serve.		
3.	Fresh air and wind.		
HOW CAN I IMPROVE TOMORROW?			
1.	Add more testimonials to my		
2.	invitation emails.		
3.			

JOURNAL IDEAS NOTES MIND MAP	
I noticed anger when my partner was late. I blamed her for my frustration. Holding on to anger was hurting me, too. I can pause and choose how I respond. I can appreciate my life, plan my day, meditate or notice the present moment.	

Keep going

Keep growing, one chosen step at a time

I would love to hear how you make this your own. An example from your day may give someone else an idea they need. Share what feels useful and comfortable for you. You do not need to present a perfect life to encourage another person.

Thank you for spending this time with me and investing in yourself. My hope is that you build a life you love, enjoy more of your everyday experience and bring that care into the lives of the people around you.

If you already have your planner, open to your next daily page and begin. If you would like a place to continue this practice, explore the 90-day planner.

Your next step

Explore the 90-day planner

In Appreciation,
Frederik

Watch the tutorial: youtube.com/watch?v=TJwmtavcx_o

This guide follows the practical teaching in my tutorial, reorganised into morning, daytime and evening use. The personal welcome, journaling and presence workshops also draw on my additional founder teaching. Wording has been edited for clarity. Go deeper exercises are additional optional practice. Clean examples use the original planner layout with recreated handwritten entries; layouts may vary by edition.

Research note: A 2025 study coauthored by Joe Dispenza examined brain and blood changes in 20 adults after a seven-day retreat. It combined several practices and had no comparison group; it did not test whether presence causes external goals to come true. [Read the study](#).