

Your Two Year Plan:

How to Reclaim 3 Essential Freedoms in Two Years



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Freedom and Happiness

Steph and Matt hated the cold, hated the crowds, and hated their corporate work. But they lived in densely-populated, and often frigid, Massachusetts. They worked 9-5 Monday through Friday, and were lucky to get three weeks off per year. And to top it all off, high Massachusetts taxes took a big chunk of their earnings.

Enough was enough. They would find a way to move somewhere warm and rural, where they could live off the land and keep what they earned.

When they told their friends and family the plan, most thought it was just a dream.

“Ah, winter is rolling in, and it’s really getting to them this year. It will blow over when spring comes.”

But they were serious.

Did they just up and move, quit their jobs, and embark on a doomed adventure that would leave them in a bind when their money ran out?

No. They planned and they prepared.

They gritted their teeth through two more winters. They grinned and bore two more years of the corporate grind, complete with traffic, lines, and noise.

And then they moved to Florida where they now live on a ten acre mini-farm. They are both self-employed. The biggest crowd they have to deal with consists of chickens and goats.

“Eventually” is a bad word. Steph and Matt didn’t free themselves by saying they would eventually move away, or someday they would work from home. They were specific.



Where will you be two years from now? Will you be living under the same laws that drive you crazy and drain your wallet? Will you be working for the same company you hate? Will you be living in your hometown, in a location you hate, or maybe with your parents still? Will you be wasting time with drinking acquaintances? Or serving a sentence you don't deserve on some fundraising committee?

Or will you stop being a slave to your surroundings, and live the life of freedom you dream?

The thing about freedom is that no one can hand it to you. And even if they could, other people's idea of freedom might not match yours.

Here we will help you craft a two-year plan to take back your individual freedom. By the end of reading this paper, you will understand how to identify the specific barriers that stop you from feeling free. You will have the tools to make a plan to overcome these obstacles. And you will know exactly what steps you need to take to get there.

When you are done reading this paper, you will clearly see that freedom is truly within grasp.

But just as important as the plan of action is the philosophy behind it.

Freedom is not something you need to vote for, or get a majority to agree on. Freedom is not a waiting game, nor is it impossible to gain in your lifetime.

With the proper attitude you can take the necessary actions to free yourself in two years. In this paper, we are going to show you how.

Two years is plenty long enough to plan, prepare, and execute. But it is also short enough to see light at the end of the tunnel.

If you don't feel free, you won't be happy. That's not just hot air. [Studies confirm it.](#)

Tip #1: Be Specific!
You can't free yourself from something you haven't identified. Don't be broad or vague. What exactly makes you feel unfree? Don't pinpoint, "government." List the specific laws and regulations. You may not be able to avoid them all. So prioritize. Freedom becomes tangible, bit by bit.

Why does freedom make people happy?

Being free means living your life as you see fit. It literally means doing what makes you happy, regardless of what the government, society, media, or peers think.

Freedom means you have the ability to act in your own best interests. Freedom is insurance that you won't be constrained in a way that hurts you. You need the freedom to react under bad circumstances. Preparing your life in order to be insulated from those constraints is essential to freedom, happiness, and the security that brings.

The political establishment is milking you dry. They view you as a cash cow on their tax farm. You need **political freedom** to say goodbye to their corrals, and keep what you produce.

Technology is rapidly changing the economy and job opportunities. You need **financial freedom** to avoid being dragged down with a sinking corporation or collapsing market. The media is manipulative, controlling the lens through which society views the world. You need the **freedom of mind** to avoid the influence of their fear and the negative attitudes the media has programmed in your peers.

All three of these **necessary freedoms** intertwine. Financial freedom gives you more insurance against government action. Political freedom gives you the dexterity to avoid being crushed by crashing economies. And freedom of mind gives you the ability to make the right financial and political decisions, even when society says you are crazy or paranoid to do so.

You should incorporate all three elements into your two-year plan. But the most important type of freedom depends on your particular situation, and desires. That is the first thing you need to be specific about. **What exactly is keeping you from being free?**

The key is knowing that you can be free without changing entire political or social structures. Being specific helps avoid that trap. It's tempting to say, "I can't be free because of the government." But more likely, it is only a couple specific things about the government that impact your life. The rest is just an overwhelming feeling of helplessness, reinforced by the media and your fellow citizens.

Steph and Matt went from a state that had some of the highest taxes in the country, to one without an income tax. Their property taxes were cut in half, despite having 40 times the amount of land and the same size house as before. Massachusetts is restrictive when it comes to guns; now they can shoot in their own backyard.

And they are just one example. Those are some freedoms that they valued, but there are 49 other choices within the United States alone that might better align with your ideas about freedom. And don't rule out some of the 194 other countries on earth either!

This isn't about voting, revolution, or sit-ins. This is about doing what is best for you to become the happiest person you can be. This is about building a life by your own design, and refusing to accept the limitations and obligations foisted on you by governments, corporations, and mainstream society.

You can take yourself from a place where you don't feel free to a place where you are liberated—in two years.

It is true that “free” is a relative term. Changes are incremental. The point is improvement. It doesn’t matter where you are in life, or how old you are. You can make changes starting right now that will put you in a situation in two years that seems like an unrealistic dream today.

Remember, a two-year plan can and should be a step in the right direction, not a final destination.

When Steph and Matt moved to Florida, Matt still had to work full time at a job he didn’t like. So they formed *another* two-year plan. One year and nine months later, he quit his job.

He had been learning a new skill during that time, and building a side business. He now has an Ebay store. He sells things he finds at yard sales and thrift stores.

But again, he didn’t just up and quit his job and try his hand at something totally unknown to him. He worked hard to gain a new skill. It took up time after work that he would rather have spent with his wife and a beer on the back deck. But the effort paid off. He freed himself in one more way. He gained more skills and financial independence. His income is now subject to his own hard work, and not his employer.

During that time Steph was working hard to free herself further as well. Incrementally, over the course of the next two years, she added a large garden, chickens for eggs, and dairy goats to their minifarm. Now they are less dependent on other people for their food supply. They gave themselves a little more security and independence.

Tip #2: Bide Your Time

Two years is in sight, but not rushed. In the same spirit, don’t bite off more than you can chew, but make sure the goals accomplished have a substantial affect on your life. Make sure you pick goals you can really accomplish, and this will invigorate you to make even bigger changes in the NEXT two year cycle.

In life, there is no ultimate destination, but there **MUST** be checkpoints and accomplishments along the way. We are not promising the moon here, we are providing lift off.

And you should be happy about that. Anyone promising the moon is a liar.

The truth is that you can’t just snap your fingers and be free as the wind. But you can identify the specific things that keep you “enslaved” and eliminate them one by one.

The power is in you, but it is easy to get overwhelmed. This should not be a scary experience, it should be an exciting one that awakens the inner drive to make things happen in your own life.

It should be a liberating journey. Along the way you will discover what it really means to be free.

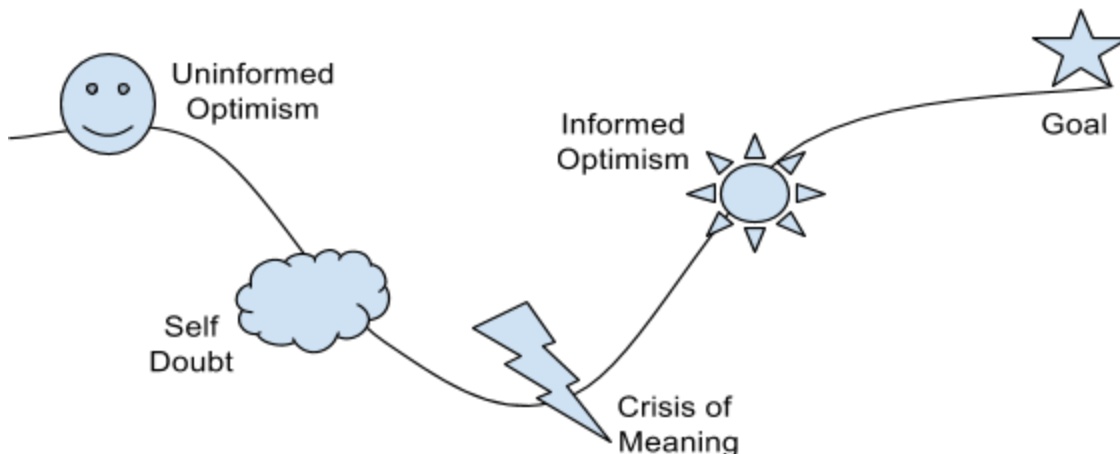
The Learning Curve

Here is something important to keep in mind before you get started. This applies to the process, as with basically everything in life. It is the learning curve. You will go through this in a new job, a new business venture, and in learning a new skill.

After reading this paper, freedom will feel quite tangible to you. You should be excited! It is the start of a brand new adventure. The end of servitude is in sight. Your shackles feel looser already.

You will identify the freedoms you want, set your specific goals, and plunge eagerly into the project!

It is natural to be excited, and you should be. But if you haven't attempted making and sticking to an ambitious two-year plan, you really don't know what to expect. That is called **uninformed optimism**.



Don't take the word *uninformed* personally. Surely you are quite well informed on a number of things, and possibly even most of what will go into your two year plan. But you haven't done it before, so by default, you are uninformed about the emotions you will feel along the way.

Self doubt comes soon after the initial excitement of getting started. Can I really do this? Is it this hard for everyone else? This is the phase in which you are met with your first roadblocks and difficulties. The project started out fun, and now it is just work. But most people press on, because the initial excitement hasn't completely worn off.

But it will. And things will still not be getting any easier. You might feel buried in an unorganized mountain of work. Why did I even start this? Maybe I am not cut out for this. Should I quit? Is it worth it?

This is the **crisis of meaning**. And this is where most people quit. It is where the bulk of the work lies, the hardest part to overcome. In weightlifting, it is those last two reps that make your muscles quiver and ache. But that is where all the progress is made, those last two repetitions. Power through, and you are out of the woods. Don't let those burning muscles make you quit, and you will conquer the crisis, and be victorious.

The drudgery and hopelessness will melt away like the winter snow, slowly revealing green buds fighting up through the thawing mud. Take a deep breath of that cool spring air. You are now in the phase of **informed optimism**.

Before you were excited because it was the start of something new. Now you are excited because you have passed the point of no return. Your accomplishments are already substantial. You have withstood the worst of it. Now you just need to follow through to the end.

Now you know. You can understand what it takes to complete the journey, you have suffered the pains, and can see the rewards on the horizon. Keep plugging away, and from here on out it is smooth sailing to your **goal**.

Think back to anything you have accomplished or learned. You can probably pick out each of these stages. Maybe it was learning to play an instrument.

Super excited to play the guitar! Oh man this is hard. Why am I learning so slowly, maybe I'm not cut out for this? Wait a minute, I'm starting to get the hang of it. Yes, now I can play the guitar!

Tip #3: See it Through!

You will get discouraged. There will be times you will want to quit. Everytime that happens, think back to the learning curve. This is a natural part of the process. Hard work now means freedom in your future.

Keep this learning curve in mind as you work your way to personal liberation. It won't be easy, but it is certainly possible. Possible is all you need. Everything else can be acquired.

Freedom from Government

Governments put a lot of effort into creating a myth around their power. That's just branding. They use Hollywood and the news to help. They *want* you to think they are all-powerful, and all-knowing. That isn't a mistake; it's the only way they can keep their power.

The government picks out specific targets to crack down on to serve as an example to the rest of us. Usually it is the loudest ones who proudly display their disregard for laws who get the brunt of government enforcement.

Luckily for everyone else, the government does in fact have limited resources. It is actually pretty easy to inconspicuously ignore basically any law you want on a small scale. No one is going to find out about the two pot plants in your closet. No neighbors in sight? No permit required for a shed.

On a large scale, there is always another jurisdiction better to start your business, build your compound, or raise your kids.

Of course this is different if fighting the good fight is what makes you feel free. But for most people, in order to be free from government, you just need to smile and nod. "Sure, *sure*, you're right," say to the government, "Your laws are *very* important, the public *needs* your service, what *would* society do without you?" And under your breath, "I'll just be over here doing whatever the hell I want."

And this is a major mistake made by many people who believe the government is unjust. They confront the bull instead of stepping to the side.

We get it: you hate to see injustice. And ironically enough, many individualists *do* care about others and hate to see the suffering brought upon them by government.

But who are you trying to save? The people that ridicule you for standing up for your rights and theirs? Are you fighting to free the slaves who are complacent in their servitude, and react violently to your suggestions that they should be free?

[Take Ayn Rand's advice, and shrug!](#) Your concern is your own freedom. If you can find it silently, do it. If you can escape to Galt's Gulch, live amongst the like-minded and keep the products of your labor, do it!

Steph and Matt went from one of the most restrictive high tax states in the U.S.A. to shooting guns in their backyard in a state with no income tax, in a town with half the property tax. It's easy to move within the U.S.A. (and don't forget 4% corporate tax rate Puerto Rico). There are

51 options right there. If you are adventurous, there are dozens of more enticing options outside the country.

The alternative is a fight you are unlikely to win. And even if you did win, you would have to guard the win forever. Does that match your philosophy? A top down structural change to society in order to align with your individual beliefs?

It is amazing how free you can be once you realize that the only changes that need to take place involve you, and a few people close to you. And even they are not essential to your freedom if they too enjoy their slavery.

The irony is that by focusing on yourself, you are more likely to contribute to the societal changes you crave.

When you move to a better legal jurisdiction, you encourage better government policies. When you use alternative currency, you weaken government financial control. When you pay very little taxes, you don't contribute to the wars, handouts, and corruption.

But you do these things because they are the ways to free *yourself!* Contributing to the freedom of others is a fortunate byproduct of living your life for you.

When you refuse to be another cog in the government machinery, you contribute to its decay. Kill the engine of enslavement, one bolt, nut, and gear at a time. When you decide to be free, there is no stopping you.

Main Points

- Find a better city, state, or country fit for your needs
- Ignore the laws you can, when the risk versus benefit is in your favor
- Don't call attention to your breaking of the law, or your clever legal sidestepping
- Don't waste time and energy trying to change others, it is hard enough to change yourself

Freedom From Financial Worries

One guy makes \$100,000 after taxes. He drives a brand new Mercedes. To get close to the city, he spent over half a million dollars on his house, which makes his mortgage over two grand a month not including property taxes and insurance. He works 50 plus hours a week, which doesn't leave him time to cook, so he eats at the best restaurants. He wears the sleekest clothes, and buys the smoothest liquor. Yet he still lives paycheck to paycheck to pay for his mortgage, car, style, and nightlife.

Another guy makes \$50,000 after taxes. He drives a six-year-old car he bought with cash. His mortgage is less than \$600 a month on a \$140,000 home that needs some updates and remodeling. It's off the beaten path, but the area is growing, so the land should be more valuable within a decade. He likes a bargain, but doesn't hesitate to get steaks and craft beers for when the boys come over for some grilling on the weekend. He is able to easily bank \$1,500 a month for savings and investing.

Who is better off?

Without making assumptions about what makes each person happy, we would argue guy number two is more financially free.

If the first guy loses his job, his life could quickly fall apart. He barely has enough saved to pay for two months of his mortgage, let alone the car payments, and forget going out on weekends. He needs to always make that amount or more.

A year in, the second guy will have enough savings to absorb an entire year of mortgage payments if he were to lose his job. After a decade of decent investing, coupled with the increased value of his home, he's practically ready for retirement!

Personalities are different. But most people will be perpetually stressed out no matter how much money they make, if their expenses always grow to match their income.

Call it the rat race or keeping up with the Joneses, but it doesn't provide financial freedom.

Of course this isn't knocking anyone who makes good money. Guy #1 could have put himself in an even better position than Guy #2 by simply living well below his means and leveraging his extra cash for investment and savings.

The point is that happiness, security, and freedom require strong finances so that you are not at the whims of corporations, governments, and economies.

If Guy #2 is smart, he diversified his savings to keep some cash in different countries, and maybe even different currencies. He should also keep some physical cash and precious metals on hand to be less dependent on banks. With any luck he didn't dump all his investments into his home country's stock market, and he diversified with investments beyond stocks as well. He's got some extra cash, so he can securely put 20% of his investments in high risk/high potential reward opportunities.

Steph made a smart move when she bought her house in Massachusetts. She bought it on a short sale, for basically foreclosure pricing. She still had a mortgage, but she bought the house for less than it was worth. That, coupled with Matt's work fixing it up meant when she was ready to sell, she banked some profits.

Then Steph and Matt moved to a place where land was cheaper, and were able to buy a property and house with cash. In order to have no mortgage, they had to make some compromises. The house wasn't perfect, and required plenty of repairs and updates. So again, they bought an undervalued asset that is easily made more valuable by putting a little work into it.

And they don't have to worry about making enough money to pay the mortgage. There is no mortgage! That is what allowed them the freedom to pursue self employment and start small businesses. They can invest in designing and producing new products, like [silver goat earrings](#).

They don't have car payments, and they don't have cable. But when they want to get away for a weekend to a bed and breakfast on the beach, they don't even have to hesitate! They treat themselves because of their financial freedom.

Want to talk diversified assets? They have a mini-farm in the backyard! Markets could crash, but they won't starve.

Living beyond your means is stressful and risky. It makes you a slave to circumstances out of your control.

Financial freedom allows you to respond to a wide variety of circumstances in an equally wide range of ways. You can choose what to do instead of being "forced" by prior choices.

Main Points

- Spend below your means
- Diversify your assets
- Resist social pressure to spend (i.e. Keeping up with the Joneses)
- Cut out liabilities that depend on future income (i.e. car payments)

Freedom From Social Pressure

The reason people do not have financial freedom is often because they have been held captive by another force.

Whether it is friends, family, colleagues, neighbors, or the media, so many people allow society to chain up their minds.

This could be considered the easiest freedom to gain, or the hardest. All you have to do is think a little differently, right? What is so hard about that?

Well, after a life of indoctrination, it isn't as simple as flipping a switch. We are trained from birth to fit in and go along with what authorities tell us. Authorities aren't just parents, teachers, and police. It is also economists, scientists, fashionistas, the intelligentsia and so on.

We are told that we should not judge things for ourselves, we should always listen to experts.

And at points, sure, listen to experts. But you should have the faculty to decide when it is an appropriate time to defer to experts.

Otherwise, what ends up happening is we just go along with "society." Be skeptical of experts and authorities. They may seem smart, but do they really know what they are talking about?

Some do, and some don't. You've got to trust yourself to know, or figure out, the difference.

"The whole problem with the world is that fools and fanatics are always so certain of themselves, and wiser people so full of doubts." -Bertrand Russell

Sometimes experts are just heading up a crowd of lemmings. If the authority walks off a cliff, the rest follow. You've got to decide the best path for yourself.

Society doesn't really exist as a single entity as we sometimes imagine. It always comes back to individuals. There are social trends of course. Statistics and surveys can tell us about general social themes, values, and traditions.

Because of the desire to fit in and project a certain image, people think they must have and do certain things. How many people waste precious years and countless dollars going to college, because it is what "society"—or their parents, peers, and the media—tell them they should?

College is great for some people. For others it is a waste of time and money. Really dig deep. Make sure you are doing what you want to do, and not what you think is expected of you. Even if others have your best interests at heart, they cannot possibly know what is best for you like you can.

Should you get married, buy a house, and have a kid? Maybe, maybe not. Just because “everyone is doing it” doesn’t mean it is the best path for you.

And not everyone is doing it. Not even close!

Popular trends and social standards are usually set by a vocal minority of people. But even if a slim majority puts pressure on you to get a mainstream job, get an iPhone, and join the rat race, that leaves billions more people on planet Earth who don’t care about those things.

The President was elected by 18.3% of the American population. Among those 59 million people, some voted for him, some voted against his rival, some chose the lesser of the two evils, and some felt pressured to choose between a few terrible choices. The President doesn’t represent America; he doesn’t even represent the people who voted for him! And this is an example of how a small minority can set a very vocal tone for the rest of the world.

Don’t be influenced by what seem to be the prevailing beliefs of the times. They might not even be the prevailing attitudes. And who cares if they are?

It doesn’t matter how you act, what you wear, what job you have, or car you drive—someone is going to hate you for it, and someone is going to love you for it.

If you suppress your own desires in order to gain the approval of people with different values, you are missing out on the opportunity to be surrounded by the people best fit to be a part of your life.

Do what makes you happy, and you will naturally attract people who also value those things.

You don’t need to be mainstream! In fact, being mainstream makes it harder for people to recognize the best things about you. You put yourself in a competitive pool, advertising yourself to the masses. Even if someone takes the bait, you will catch a fish attracted to the conformist image you put out, not the true you. Is that the type of person you want to attract?

Ignore the haters. They don’t matter anyway. Don’t let them control the way you live. You can’t satisfy everyone, so satisfy yourself.

Focus on being authentic, who you really want to be, and that uniqueness will attract similar people. You will soon be surrounded by a supportive group instead of social enforcers of “normal” behavior.

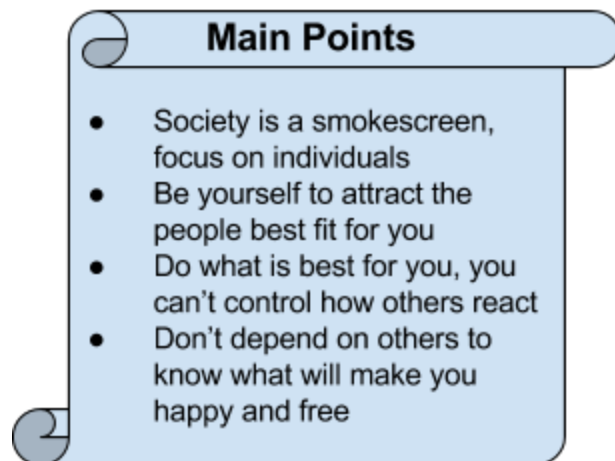
Steph and Matt had to make a hard choice to move away from most of their family. They had to ignore the peers who thought they were only dreaming and talking big. They weren't worried about what people would think of them quitting their good jobs, getting goats, or going into the Ebay business. They did what was best for them, because it made them happy.

But what about health insurance? Don't you want a nicer car? Why did you have so many kids? Why aren't you having any kids? What will the neighbors think? So you're like, a crazy prepper?

It's all just noise. And when you stop trudging through the judgements of your peers, family, and society, you become free to do what truly makes you happy. You can finally pay attention to yourself instead of contorting your life to outside pressures.

People might try to tell you that you are being selfish, reckless, thoughtless, stubborn and whatever else they think will make you conform to *their* wishes. These are tactics of control. They want you to behave in a certain way. You are not their slave.

Don't be afraid to make the best social, political, and financial decisions for yourself because of what the media or your friends say. You do you, and let others react how they will. They are not your concern.



Main Points

- Society is a smokescreen, focus on individuals
- Be yourself to attract the people best fit for you
- Do what is best for you, you can't control how others react
- Don't depend on others to know what will make you happy and free

You have one shot at this life. You can't afford to let someone else live it.

Two-Year Formula

Like an architect studying design, we are discussing ways to free yourself, with principles applicable beyond these particular designs. Steph and Matt are just one case. But you can apply their example to your scenario. The real benefit is the structural knowledge.

Here is the basic design of how to free yourself in two years. Afterwards, we will go step by step in depth.

Identify the Limits of Your Freedom- What exactly is it that is holding you back? Is it the tax rate, the town you live in, the inability to afford property, your unrewarding and stressful job, or the regulations that stop you from starting a business?

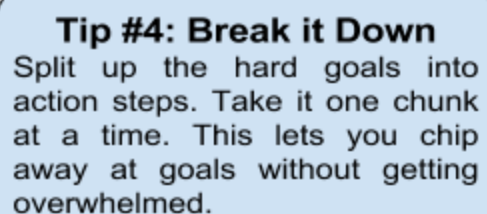
Once you know **specifically** the things limiting your freedom, you can deal with them on a personal level, not a societal level. That is what individual freedom is all about anyway.

You may not be able to tackle everything that is keeping you enslaved in the next two years. So pick the most pressing issues that need to be dealt with in your life. After two years you may be amazed at how free you feel just eliminating those. It will energize you to make another two-year plan to eliminate more problems caused by lack of freedom. And the next time around, it will be even easier.

Plan- A specific plan is necessary, as is a lot of research along the way. There are great resources out there that we will point you to, and The Daily Bell is a daily source of information and encouragement.

You should set specific dates to hit goals along the way. If you have to change your plan, that is fine. But it is important to have a point to start from. You should know what is coming next, and what actions will feed your progress.

Your plan should break down major goals into smaller action steps. That way, you can accomplish them bit by bit. You know what you need to do, and never get overwhelmed.



Tip #4: Break it Down
Split up the hard goals into action steps. Take it one chunk at a time. This lets you chip away at goals without getting overwhelmed.

Prepare- Now that you know specifically what your problems are, and the steps you need to take to solve them, preparing should be simple. Did you decide to move out of the country to a

place with better laws and better weather? Great! Follow the plan, save up the money you need, apply for residency, find a place to live, and make travel arrangements.

If you identified your job as the problem, learn the new skill that will take you to a different career. Break it down into phases. Start practicing the work you want to do before you quit your current job. That is what Matt did with his eBay business. If you [plan to freelance](#), get some side gigs before you quit. This will give you practice to hone your skills, as well as let you gauge how much money can be made freelancing in your field.

Eliminate (or mitigate) Limitation- Execute on your plan. If you were shooting from the hip, this step would basically be impossible. How do you free yourself when all you have is some vague idea of what exactly is keeping you in chains? Even if you have a target, randomly browsing websites in the related field won't make a difference if you don't set dates to take action.

By the time you reach this step, your momentum will carry you through. If you identified the problem, if you made a solid plan, if you took the right steps to prepare, then all you have to do is follow through. Don't forget the **learning curve**.

Plan Overview:

Estimated Timeframe	General Goals and Action Steps
Today:	<ol style="list-style-type: none"> 1. Self Audit 2. Develop a Plan 3. Set a schedule
One Month:	<ol style="list-style-type: none"> 1. Do serious research 2. Add specifics to plan 3. Accountability
Six Months:	<ol style="list-style-type: none"> 1. Start hitting goals and completing action Steps 2. Finalize plan
One Year:	<ol style="list-style-type: none"> 1. Some goals and actions steps have been completed , including at least one major step 2. One year self audit
18 Months:	<ol style="list-style-type: none"> 1. Final preparations 2. Execute remaining action steps
Two Years:	<ol style="list-style-type: none"> 1. Final Goal Execution 2. Victory Dance

Today

1. **Self Audit-** First you need to do a serious self assessment. Where are you politically, financially, and socially? Don't just focus on what you may need to add (like money to a bank account) but also what you need to eliminate (like people who drain your time and energy).

This assessment is meant to figure out what freedoms you need to gain, as well as what position you are in to accomplish that. Maybe buying a cruise ship would be the most freeing thing you could do, but if you have \$7 in your bank account, you're dreaming, not planning.

For example, Steph and Matt had a home in Massachusetts that they could sell. Moving from a city in the Northeast to the country in the South meant going in the right direction when it comes to land value.

Task: Brainstorm all the ways you do not feel free, and write them down. Rank these by which ones weigh on you the most, as well as which ones will be easiest to eliminate. You may notice that some of your problems have similar solutions. You may be able to solve a number of problems with one big solution.

Example: (See resources for blank form)

Thing obstructing my freedom	Financial, political, or social?	Rank of impact on my feeling of freedom	Possible solutions	Easy, medium, or difficult change?
Corporate job leaves me no time for other interests but I need it to pay my mortgage	Financial	1	Sell house/downsize, find better job with better hours, ask to work from home and be paid on results instead of hours	Difficult
High taxes make me feel like a slave	Political	3	Move to a lower tax jurisdiction, structure income differently, research loopholes	Medium
Regulation makes it hard	Political	6	Move to better regulatory	Difficult

to start a side business			jurisdiction, get creative side business structure, ignore the regulations and operate on the black market	
Neighborhood friends constantly stop by and waste hours of my little freetime	Social	7	Move away, ask them to call or text before stopping by, learn to cut off each interaction after 15 minutes	Medium
Too many community obligations I don't enjoy	Social	2	Quit and accept that some people might be annoyed, find a replacement for duties	Easy
Media/ news makes me depressed and feeling trapped	Social	4	Cancel cable, delete facebook, take up meditation, steer conversations away from news	Easy
Monthly financial obligations are piling up	Financial	5	Budget your monthly allowance for such things, clean house and cancel all but the most necessary, cancel everything to start from scratch	medium

2. **Develop a Plan-** This plan is tentative and subject to change. Maybe you'll make a different plan every day for a week. But make sure you finish a plan on Day One, to visualize taking yourself through the process.

For example, maybe you feel like a slave to debt and monthly bills. You might plan to eliminate one recurring bill a month for the next six months. Which one will come first, and which one will be hardest to eliminate? The debt may seem insurmountable, but what spending can you cut in order to save more and pay it off quicker? You might decide to put a hold on clothing purchases and eating out. Perhaps you didn't realize how much the coffees you buy everyday add up.

Task: Use the form from the Self Audit to choose which freedoms you will take back in the next two years. Take from the “possible solutions” column to form goals. You might want to choose two easy ones, two medium, and one difficult one.

Example: (See resources for blank form)

Goal	Easy, medium, or difficult?	Problem this solves
Find a work from home job, start freelancing immediately	difficult	Corporate job takes too much time
Cancel cable, sell car, get a used one,	medium	Monthly financial obligations
Work from home, write off home office, research other deductions	medium	High taxes
Cancel cable, quit facebook	easy	Media makes me depressed
Quit and accept reaction	easy	Too many community obligations

Some of your more difficult problems can be broken down into smaller solutions. A big goal may require three smaller changes that become easy when broken down. In such a case, you maybe end up with no overall “hard” goals, and instead have more easy or medium ones. And some goals may contribute to solving multiple problems.

Here’s an example:

Goal	Easy, medium, or difficult?	Problem this solves
Downsize home/ move more rural to have no mortgage	medium	Corporate job (also high taxes/ monthly bills/ community obligations)
Freelance from home part time	medium	Corporate job/ high taxes
Sell car/ buy used	easy	Monthly bills/ high taxes
Cancel monthly subscriptions	easy	Monthly bills/ media depressing
Research individual business tax incentives (write offs, offshore LLC, captive insurance company)	easy	High taxes

3. **Set a Schedule-** Again, tentative. But still, visualize the timeframes in which you think you can do these things. The most difficult task to accomplish should probably finish on Year Two. Year Two could also be the culmination of all your prepping—for instance, making the big move to a better state or country. Set the dates for when you will save various amounts of money, or when you will move to online work, or when you need to start looking at property to buy.

Matt decided he would start putting in for transfer promotions immediately. Since it was unlikely he would get one quickly, he set a date to start applying for lateral transfers more easy to obtain. He and Steph set dates to finish certain home repairs, and to put the house on the market. They even set the date they ultimately wanted to make the big move.

Task: Now take your goals from the last worksheet, and break them down further into action steps. You will have more action steps than individual goals, because you are breaking big accomplishments into chunks. Some of the goals and action steps will run together. Don't get caught up in exactly how you organize it. The point is to break things down into easy chunks that you can accomplish one by one.

This means you will repeat yourself in some goal/ problem being solved columns. But still fill it out, as this will help you stay mentally organized. Use the plan overview above to come up with good dates to set to accomplish your action steps. List the dates the action steps should be accomplished by. Put a check next to the goal on the date which the final action step is completed which accomplishes the larger goal.

On your phone's calendar, or the one hanging on the fridge, you may want to pencil in the specific dates you want to accomplish certain goals in order to remind yourself.

Example: (See resources for blank form)

Date	Goal	Action Steps
Jan 1	Cut Monthly Bills	Cancel Cable
Jan 20	Quit Community Obligations	Quit PTA
Feb 3	Quit Community Obligations	Quit Book Club
March 25	Freelance Career	Start Freelancing on the side
April 9	Sell car/ buy used	Put car up for sale

June 5	Quit Community Obligations ✓	Coaching basketball league ends
June 25	Downsize and move	Have a yard sale
July 15	Downsize and move	Put home on the market
July 16	Downsize and move	Start looking for new home
Oct 20	Freelance Career	Put in two weeks notice at work

During the First Month

1. **Do serious research.** Now is the time to put in the effort to figure out exactly how to accomplish your goals. Check out the resource section below to get an idea of where to start your research. But now is the time to, for instance, figure out tax structure to see how you can seriously cut your rates. Start looking up countries to see if one has laws and regulations better fit for you. Look into classes to gain new skills. Check out the options for earning a freelance income online.

Matt started by looking into exactly where he could be transferred with his job. He made a list of the top ten locations. Steph took that list and started looking into property in those locations. She kept track of which ones were cheapest, and which ones were close to cities or the ocean. As top choices started to emerge, they also considered local and state tax rates, as well as things like crime rates and the regulatory environment.

Perhaps your goal is more about gaining confidence so that you can perform better at work, and be more at ease finding a significant other. You'll want to dive into some psychology articles and books. You could even research therapists and set a date to choose one.

You might even want to research different types of exercise regimens or diets that boost self confidence. Choose a date to implement an exercise and diet plan based on your research.

Task: Add research goals to your plan. Decide what you will research, and by what dates you need to collect the proper data.

2. **Add Specifics to your Plan.** Revise your schedule based on the research you did in the first month. Perhaps you have already learned your time frame was slightly off, or maybe new information has made you alter your plans. By now, you should be set on what you will accomplish in the next two years, so adding specifics shouldn't be too difficult.

Based on sales data in their area, Steph and Matt were able to estimate how much money they could walk away with after selling their home. This gave them a specific budget for what properties they could afford to buy with cash. Based on temperature and snowfall data, they ruled out locations that were too far north for them to feel sufficiently free of bad weather.

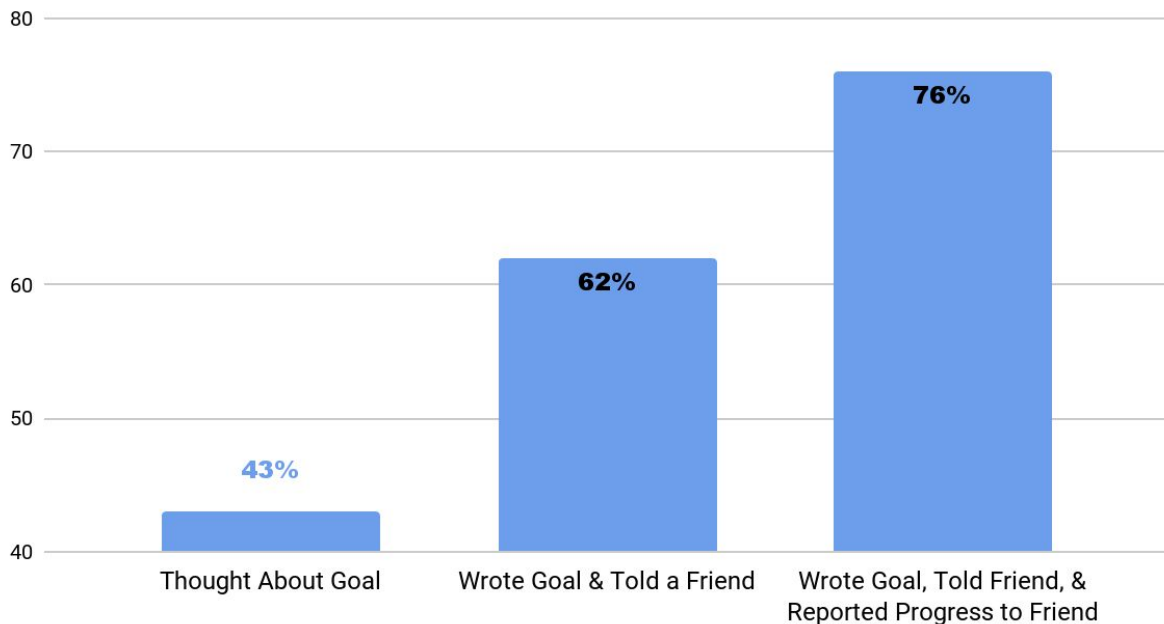
Task: Revise plan if needed, or add further detail.

Notice that although Steph and Matt knew they would move, they still hadn't nailed down a specific location. That is fine. The plan is about working through solutions based on research and circumstances. Under their circumstances, if they had picked a location first, it would have been harder for Matt to get a transfer in their timeframe.

You may have pieces of the plan that have to be decided later. Just make sure you know what to do in order to make that decision when the time comes. When Matt got a transfer, then they could start looking for property in that specific area. Your plan will certainly have checkpoints that must be reached before you can properly plan the next step.

3. **Accountability.** [Studies confirm](#) that writing down your goals, and telling a friend about them leads to more success in accomplishing your goals. If you report back to your friend later, your chances of success increase further.

Percentage of People Who Accomplished Their Goals



Ideally you will have someone close that you can share your goals with. This should be someone supportive of your desire for freedom, not someone who will try to talk you out of it. If you don't have that, sometimes sharing your goals publicly can hold you to it.

Otherwise set up a system for yourself, to be rewarded when you hit goals. If you can hold off on your guilty pleasures until after accomplishments, this will help you train to get more done. Do your half hour of research before you crack open the beer, or have dessert.

Steph and Matt had each other. But they also brought Steph's brother into the plan. Since they wanted to start a mini-farm, and with Matt working full time, they decided it made sense to have some extra labor. They also knew that Steph's brother had a similar desire to homestead. So now they also had a third member of the plan who certainly wanted to see it fulfilled, and would constantly seek updates on their progress.

Task: Write a letter to yourself to open at the six month mark, and/ or one year mark. Capture the energy and enthusiasm you have for why you want to free yourself. Be encouraging, and try to relay to your future self how important this is to keep going strong. Remind yourself of the learning curve, and tell yourself that even if you are going through a rough patch, or are down in the dumps, the only way to a better future is to forge ahead. Talk about what you have already accomplished one month in.

Rebut some arguments you know you will use as excuses if you're not accomplishing your plan. For instance, if you know you will try to tell yourself you are too busy, or the timing isn't right, tell yourself to prioritize and eliminate some obligations, and ask yourself when the time will be right if not now.

During the First Six Months

1. **Start hitting goals.** You will be auditing yourself along the way. If you miss one goal, don't let that make the whole plan collapse. Even if you have to push back some dates, even the end goal, don't let small missteps derail you.

You may want to have a way to celebrate, or reward yourself for hitting goals. For every \$1,000 you save, you could take yourself out to your favorite restaurant. Perhaps when you finally cut ties with acquaintances who weren't adding anything to your life, you can reward yourself with some *you* time; a glass of wine and a book, or a movie night.

During this stage, there is going to be tons of work, and honestly, not much reward. Think back to the learning curve while you are learning a new skill, doing heavy research, or tightening the belt to save money. Things might not seem as fun as month one. Training yourself now for delayed gratification will make the next year and a half that much easier. Being free from the need for instant gratification will make the rest of your life more productive and fulfilling.

During their second two year plan, Steph and Matt bought baby chicks that wouldn't start laying for four months. They prepared garden beds that wouldn't be planted until spring,

and harvested until months later.

But for them, this was all part of the process. They knew they could accomplish what they really wanted, and free themselves that much more. It just took time and patience.

It takes about 40 days to develop a new habit. The section below on the Daily Plan should give you what you need to keep going strong.

Task: Review original plan. List all the things you have successfully researched, just to remind yourself how much you have already learned in the last six months. List all that you have already accomplished, and all the terrible things that have already been cut out. Decide what rewards each goal deserves, and pencil them in on your plan.

2. **Finalize plan.** By the six month mark, you should be solidifying your plans. You have done the research. You have set the goals. You have accomplished checkpoints already. Write the rest of your major goals out on the calendar that you look at regularly. That way, if you start drifting from your plan, you have some automatic reminders.

During their second two year plan, Matt and Steph looked into businesses regulations that turned into an uphill battle. They postponed plans to open a hard cidery because they couldn't do it on their property. The idea for a grilled cheese cart went out the window.

But other business plans took shape as Matt learned more about "picking" from yard sales and thrift stores. He decided that was the route to pursue. Of course they knew developing the mini-farm would take time.

Keep filling in what you can, and reminding yourself of the plan, why you're doing it, and what you will gain.

Task: Make any final big changes that need to be made. Again, there may still be tentative items, based on how you accomplish other goals.

By the End of Year One

1. **Some Goals/ Action Steps Should be Complete.** By now, you should be getting into the nitty gritty of the goals you have set for yourself. If you have started to slow down and miss deadlines, now is your chance to regroup. If you have basically abandoned your plan, now is the time to get serious. Do you want another year to go by without getting closer to freedom?

Steph and Matt were once again heading into winter still living in Massachusetts one year after starting their plan. Matt hadn't gotten a promotion, and work on the house was going slower than they wanted. But from the cold dark nights, they found all the more inspiration to keep going strong.

Their plan was a bit unique because of having such a large goal, and fewer smaller ones

to check off along the way. The big move was the culmination of all their planning and hard work. Until they moved, they still had to deal with the cold, the crowds, and corporate life.

That meant they needed all the more fortitude and vision to keep going. Maybe your plan will have smaller checkpoints you can enjoy along the way. But if not, look forward to the huge payoff at the end.

2. **One Year Self Audit.** How did the first year go? Are you still on track? Have you lost energy? Read the letter to yourself.

This is likely where your crisis of meaning will hit. That is because up until this point it has been mostly planning and research, and hitting a few small goals. Now you are almost a year into the heavy lifting, and might not yet see much result.

You may have checked some small stuff off the list, but now is the first big test. It feels daunting. Perhaps you have learned a great new skill, but haven't gotten a single freelance client. Maybe you have done so much research and still can't find a way around the particular regulation or law to which you feel enslaved.

Get creative.

When farmers like [Joel Salatin](#) want to get around regulations, they get creative and sell "herd shares." His customers want raw milk, or unwashed chicken eggs, but it would be illegal to sell it to them. So instead, he sells a piece of his herd. Then his customers "own" a chicken or a percentage of a cow, and pay for room and board at the farm. They can come once a week and pick up the products of their animal. Maybe it costs \$5 a week to keep and feed your chicken or cow, and you get "about" a gallon of milk, or a dozen eggs.

That's one of those situations that is legal with the right terminology. But you probably don't want to advertise what you're doing.

Get creative with finances too. If you can't find a house you can afford, look for land and park a camper on it. Who cares what your friends think?

Find joy in people's reactions when you start going against the grain. Pride yourself at not being boxed up by the status quo. Think of unique ways to live and work.

Matt enjoyed going to yard sales and thrift shops to see what he could find. Steph wasn't a big fan of junk piling up. But when Matt started selling stuff on eBay and Craigslist, he thought he might be able to build a business out of his hobby.

A year into their *second* two year plan, Matt had spent time and money setting up an Amazon store. Turned out that the stuff wasn't selling. And to top it all off, Amazon had lost some of his goods in their warehouse, and charged him to send the rest back.

Did he give up? Nope. He focused on eBay, and wrote off the Amazon loss. He kept on

working those extra hours on top of his full time job. Nine months later, he would be making enough money to quit his job.

But did he know that at the time? Nope. He had to trust himself to make it work through his own efforts.

Get some more inspiration from our resource section. Step back, take a deep breath, and regroup.

Keep up with your schedule, chip away, and it will all get sunnier from here!

You probably noticed that the plan is very heavy on... well, planning. Of course you can always make slight changes along the way. But when you have a solid plan, it makes the later stages that much easier. You won't be flying by the seat of your pants, improvising, or shooting from the hip. You will know exactly what you need to do to make it to the next checkpoint.

So now all you have to do is, do it! Not to say this is easy, but you have a plan to follow! There are no excuses of confusion, and it shouldn't be overwhelming if you broke it into nice digestible chunks. It is hard work, there are going to be plenty of days you would rather watch a movie than put in the effort to free yourself.

But if you stick to the plan, it should all be doable. Treat every roadblock like a challenge. You will be in such a better position at the end of it all.

Task: Read your letter to yourself. How does it make you feel? Reflect on why you started this project in the first place. Repeat the task and write another letter to yourself for your two year mark.

18 Months into Your Plan

1. **Final preparations-** It's crunch time, you should be coming out of the crisis of meaning and entering smooth sailing. Just remember to follow through. Probably a good time to review your original plans if you haven't checked them in a while.

This is when Steph and Matt were finishing up the final home repairs and putting the house on the market. Matt had stopped applying only for promotions, and was putting in for transfers as well. Sometime in the last six months he found out he got a job on the Florida panhandle.

2. **Execute remaining action steps.** At this point, you will be used to your schedule. You know what you have to do. Just keep following the schedule, and you will fulfill the plan.

Finally Steph and Matt had a location! So they started looking for houses in the area. They sold their home quickly, for the asking price. Their hard work had paid off.

But moving day came, and they still didn't have anywhere to move into. So in Florida, they rented storage, and lived in an extended stay hotel for over a month.

Two Years

1. **Final Goal Execution.** Boom, there it is. You are moving, or you are quitting and starting your business, or you have cut ties with the monkey on your back, or you have paid off all your debts, and so on and so forth. Good job! Bask for a while before you start your next two year plan.

Just when Steph was about to go crazy in the hotel, she saw a listing about 40 minutes from Matt's work. The house looked scary. Matt didn't even want to check it out. But it had ten acres in addition to the house, the most land by far of anything they had seen yet.

They went to look and the property was amazing. They could see beyond the overgrown hedges and piles of trash outside the house. There was potential. They were looking at their new two year plan.

2. **Victory Dance.** This is NOT an optional step. You are, however, free to choose the type of dance, or substitute another method of celebration.

Steph and Matt moved in almost two years from the day from when they first breathed life into their plan. They were warm. They were in the country. They had no mortgage. Steph was free to be a full time homesteader.

Steph's brother arrived a week later. The first order of business: clean up the piles of trash and hack down the jungle encroaching on the entrances.

But no, actually the first order of business was to crack open a beer and cheers. Imaginations ran wild as all three of them wandered the grounds, planning and picturing what the next two years could bring.



Daily Formula

Life gets in the way. You can have a rock solid plan, and still the goals seem to sneak up on you. Suddenly you realize you haven't worked on your plan, or even thought about it, for a month!

That is why it is important to have a daily routine.

The best way to be productive without getting burnt out is to set and stick to a daily schedule. We recommend reading Craig Ballantyne's book, [The Perfect Day Formula](#). It is a step by step guide to make every day more productive. When you spend your time wisely you can still have time do the things you love, and live a happier life.

Craig recommends waking up and going to bed at the same time every day. He recommends having rules for yourself of what to do, and what *not* to do. He recommends setting aside time every day to work on a major goal.

It may be difficult at first, but once you get into a routine, it will make your two year plan a cake walk. You will look forward to the structure of doing a little bit of research every day. You will feel like your day is missing something without doing at least one little thing to further your goals. You will become addicted to the feeling of accomplishment.

For your two-year plan, you should make sure you block off a period of time every day to work on your plan. Even a half hour a day adds up.

Of course daily and weekly tasks cannot be figured out two years in advance. Above you planned out your general goals and action steps. You should yet again break down these tasks into ever smaller chunks.

Everyday when you finish working on your goal, write down exactly where you will pick up tomorrow. Do the same each week: what *specifically* will be accomplished this week?

For example, you can plan to sell your house in a year, but that doesn't tell you when to meet with a real estate agent, or clean out the garage. But as the time draws near, you can plan that *tomorrow* your half hour will be spent sorting the garage items into sell, throw away, or keep. And *this week* you will powerwash the house before the prospective buyers come to look.

You can't possibly prepare all your micro goals two years in advance. But when you incorporate your efforts into a daily routine, you can always know just where to pick up the next day. All these mini checkpoints will work towards your larger goals. You will accomplish things while hardly even realizing it!

We can't stress enough the benefit of chipping away at goals. Breaking things down into manageable bits is a great strategy to make sure you never get overwhelmed. Progress becomes almost automatic.

Free Your Mind

If this is all a bit overwhelming, don't worry! Take it slowly.

You may only have begun to have a vague feeling that you aren't free. Perhaps you can't quite pinpoint what is making you feel this way. It doesn't make any sense to make huge changes in your life without fully grasping what you are striving for.

Skip right to the research phase. Start with some of the resources below that seem interesting. There is no downside to learning. The materials suggested here are all geared towards helping you free yourself in one way or another.

Prospects are only getting better for how easy it is for individuals to free themselves. Just from reading *The Daily Bell* you will get information about projects like Fort Galt in Chile, and Serendipia Nest in San Francisco. These are communities for innovators and entrepreneurs to live and work.

The Daily Bell also shares stories like Steph and Matt's to inspire and educate. You will get resources about freelancing, moving abroad, and discovering the philosophy of freedom.

If you aren't ready or just need to take time, that is fine! Your two-year plan is to figure out what exactly you want to do. Your two-year plan is to get where you need to be to make a two-year plan. It's a four-year plan. And that still is a pretty short amount of time if happiness and freedom are at stake.

You may have picked up on the fact that this plan is just as much about philosophy as specific action. You don't have to get a new job, move to a different country, sell your home, buy a van, or start using Bitcoin to be free. You are the only person capable of truly understanding what it will take to free yourself. But first you have to understand that you *can* free yourself, and you don't need other people's permission, approval, or participation.

In the meantime, prepare yourself for any scenarios you think might pique your interest in the future. If you have a budding interest, pursue it! You could develop some great skills from something that seems like a hobby, and in two years, be ready to put that into practice. Learn all you can about any subject that tickles your fancy.

Above all else, do *something!* Stop putting up with obligations you don't want. Stop allowing others to dictate how you will live, or what you should be interested in.

You don't want to wake up ten years down the road and wish you had changed something then. You don't want to realize after a decade that you have been living life to make others happy, and neglecting your own freedom.

Let's use Steph and Matt as an example one more time.

Some people have really successful Youtube channels. If you get enough views, you can actually make a living off Youtube. It is also a great way to promote other business ventures you have.

So Steph and Matt decided to start a couple Youtube channels. [Yard Sale Zombie](#) is Matt's channel all about his eBay business. [Mediocre Manor](#) is their channel about the minifarm.

Yes, it is called Mediocre Manor. It is a bit of a joke, but there is a lesson in there. If you are waiting for everything to be perfect before debuting it to the world, you are on a fool's errand. You will wait too long.

The best way to learn is to start doing something. So their first chicken coops might not be great, but the latest goat shed is pretty nice! The first fences aren't too straight, but the last pen they built looks pro (well, relatively speaking).

The first three trees they put in the food forest are dead. But they did some research, and now there are seven living fruit and nut trees.

Check out those Youtube channels of Steph and Matt's. The truth is, they aren't that impressive. Matt doesn't like to edit, and Steph gets awkward on camera. But who cares?

Those two are a testament to the success of not giving a hoot what anyone thinks of them. They do what they want to do. They forge ahead. They experiment, and try different avenues. And they don't get discouraged when little things go wrong, or one path leads to a dead end.

Use the links above to subscribe to their Youtube channels in order to follow their progress with the eBay business and mini-farm. See their first original product, sterling silver goat earrings, on [The Fancy Goat](#). Join their email list for updates on new products. And follow them on [instagram](#). [@mediocremanor](#).

Thanks for taking the time to read this report. We hope to see you on The Daily Bell. Keep us up to date on your progress, and write us a note in the comments or on our contact page if you want to share your experience!

How free can you make yourself in two years? In two years will you have a new liberated life, or a bag of excuses? Consider this a challenge.

Resources

Books:

[*The Perfect Day Formula*, Craig Ballantyne](#). A practical guide to live your daily life in a meaningful way. This book will help you accomplish short and long term goals, by zooming in on your daily routine. You need structure to accomplish big things and keep yourself going through the “crisis of meaning” of the learning curve. This book presents a specific daily formula that leads to success.

[*How I Found Freedom in an Unfree World*, Harry Browne](#). This book encompasses all of what we have talked about here, from a philosophical standpoint. It’s not just how to free yourself from government, social pressure, and in finances. It’s also about why you should free yourself, and why you shouldn’t feel guilty about it. Browne identifies traps which stop you from living your life for you, instead of for others.

[*Bold*, Peter H. Diamandis and Steven Kotler](#). Crowdfunding, 3d printing, leveraging technology, using the internet, and joining the modern economy. If you are considering starting a business, or becoming self employed, this book will offer practical information as well as encouragement. Individuals truly have more economic power than ever before!

[*Influence: The Psychology of Persuasion*, Robert B. Cialdini](#). Learn what makes people tick, and how to make them respond in your favor. This book helps you avoid being the sucker when other people try to sell you something you don’t really want or need. Recognize the tactics the media, government, advertisers, corporations, and even your family use to try to make you do what they want.

[*Mastery*, Robert Greene](#). A discussion of “Masters,” people who have achieved greatness in their given field. Most of them inadvertently combined their biggest interest with another promising field of study. This could provide the spark to help you turn your passion into a career. Involves plenty of history, and case studies of successful people.

[*The Happiness Project*, Gretchen Rubin](#). Are you unable to pinpoint exactly what makes you unfree or unhappy? Is there nothing *specifically* wrong with your life, but you just feel dreary and meh? This book dives into the author’s year long project to understand what makes people happy. Join her as she goes month by month, discussing the little changes which made her life more fulfilling. Includes dozens of little tricks you will want to try!

Websites:

[The Daily Bell](#) of course! We'll continue to give you great info on how to free yourself. We are here for you, providing your daily dose of inspiration, philosophy, alerts, and guides. Keep us up to date on your progress, and you might even become the next case study success story!

[Sovereign Man](#) has free resources to help you make a Plan B so that you never become the victim of government or a crashing economy. [Getting a second passport](#), [opening a foreign bank account](#), and [legally avoiding taxes](#), this website will help make you sovereign, man.

[Early To Rise](#) offers the ultimate guides to success. The website is run by Craig Ballantyne, author of *The Perfect Day Formula*. It gives you the tools for motivation, time management, health, wealth, and self improvement. But it isn't the type of hot air, pump you up and leave you high and dry motivational crap. It is real solutions that help you use everyday to accomplish your goals, so that you have more time to do what you love, and spend with who you love.

[Freelancer](#) and [Upwork](#) both connect you to the [gig economy](#). Find work in all sorts of areas. See how competitive your market is, and what others are offering in the same field. If you need some help honing your particular skill, try [Aquent](#). They offer classes and training in addition to work opportunities.

[Y Combinator](#) is a startup engine that accelerates the growth of new businesses. For three months, they guide startups through crucial first steps, culminating in a pitch to investors. They have so far helped launch over 1,400 businesses. But even if you aren't ready to apply, they have plenty of resources to help organize and start a company, or even come up with an idea.

[Flow Genome Project](#). Perhaps this all sounds great... but you know that feeling will fade. Maybe you really want to free yourself, but you have tried before and failed. If this is just the latest in a string of attempts to free yourself, check out the Flow Genome Project. They are all about the science behind flow states, in which humans perform at their peak.

Most plans will be so specific, that we couldn't possibly list all the resources you need. But we live in the age of the internet. You can find out literally anything you want. And that is an important skill. Being able to find the information that you need, and filter through the irrelevant distractions.

Worksheets:

Identifying Limitations and Brainstorming Solutions:

Thing obstructing my freedom	Financial, political, or social?	Rank of impact on my feeling of freedom	Possible solutions	Easy, medium, or difficult change?

Identifying Specific Goals for Your First Two Year Plan:

Goal	Easy, medium, or difficult?	Problem this solves

Your Plan Worksheet:

Completion Date	Goal	Problem this solves	Action Steps