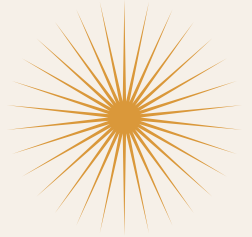




DESIGN YOUR IDEAL LIFE

THE FREEDOM BLUEPRINT



PHASE I

MINDSET



WHY I CHOSE FREEDOM (AND WHY YOU CAN TOO)

When I (Sofía) first started working a full-time job, it was during Covid. I had just come back from a simple, joy-filled life — helping others, gardening, learning, and being outdoors.

Suddenly, I was staring at a screen for 9 hours a day. I woke up in the dark, finished work in the dark, and barely had time to move, cook, or think before repeating it all over again.

"Is this it? Is this how life will be for the next 40 years?"

The frustration hit hard. And with it, a real fear: What if I lost myself completely?

But something in me knew I had to act. I started small — with a vision board, a morning routine, and lots of reading. The more I read, the more I started reprogramming my mindset. I challenged old beliefs and made space for new ones.

And then... I quit. After just two and a half months. I didn't have a plan, just a deep sense that I couldn't stay stuck.

I gave myself permission to figure it out. I learned new skills, started exploring the digital world, and one month later, I left Germany. Three months after quitting, I was living a completely different life.

How? **MINDSET.**

It sounds simple, but it changed everything. Your mindset can either block you or become your biggest ally.

Now? I start my mornings slowly, with homemade pancakes and good coffee. I dance, paint, meet friends, explore new hobbies, travel off-season with cheap flights, and always catch the best weather wherever I go. I get to spend quality time with my family in Spain and my partner (Rico) in Switzerland — because we both work remotely, on projects we love.

This isn't a dream. It's my real life — and it started with a decision.

Let's build yours.



Sofia



Rico



BEFORE YOU BEGIN – THIS IS NOT JUST ANOTHER WORKBOOK



You're here because you want more. More purpose, more freedom, more you in your day-to-day life. But before building your dream business or packing your bags, we need to refine the most powerful tool (and obstacle) you have: your MINDSET.

This isn't fluff — it's where the shift begins.

In just 45–60 minutes, this workbook will help you:

1 Clarify your vision & motivation

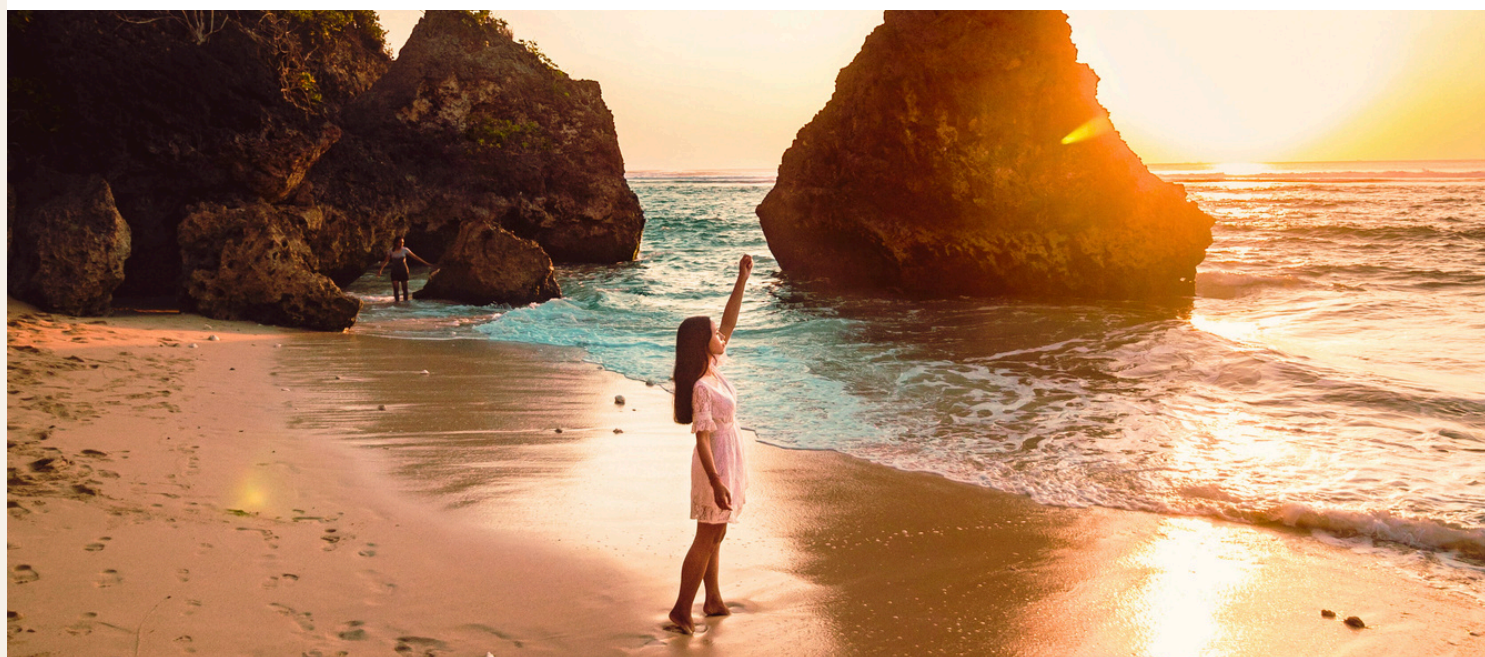
We'll help you get clear on what really drives you

2 Identify what's holding you back

We'll help you develop a mindset that supports action, confidence, and consistency

3 Build courage + daily habits for a confident leap

We'll help you get lay the emotional foundation for your journey



HOW TO MAKE THE BEST OUT OF IT



You can print this workbook and fill it out by hand if you like the traditional style. If you prefer the digital approach, you can use GoodNotes (for Apple) and Microsoft One Note or Xournal++ for Windows.

Read through the workbook and use the tools that resonate with you. If you dont need help with certain topics just skip them.

Pro tip:

FILL OUT THIS WORKBOOK IN A PLACE WHERE YOU FEEL INSPIRED. LIKE YOUR FAVOURITE CAFÉ OR IN NATURE, OR DURING A SUNSET, ETC.

THIS WILL ALLOW YOU TO BETTER TUNE IN WITH YOUR HIGHER SELF!



ALL THAT GLITTERS IS NOT GOLD

There is meaning and joy in stepping into a nomadic life but that doesn't mean it doesn't require **commitment** and **effort**.

Honestly - the road is **NOT** easy



THE DOWNSIDE

- More work in administrative tasks (Accounting, Planning)
- Unstable income
- Sense of loneliness
- No support from friends and family members
- Self-doubting
- Unforeseen fears
- Mental roller coasting (ups and downs) Such as: I got a sale! vs. I got no sales at all...






But remember:

You CAN overcome any obstacle
You CAN forge your own destiny



And that's why having the right **mindset** is important! You need to understand that there are **no easy paths in life**. So, as I like saying:

“You gotta choose your type of hard!”

-  **Staying healthy is hard** (you have to exercise) but **being unhealthy is also hard** (problems that hinder your life).
-  **Having a successful relationship is hard** (you have to cultivate it daily) but **being lonely is also hard** (you can't share the joys of life!).
-  **Achieving the freedom you want while doing something you love is hard** (uncertain path, difficult to build with a lot of work) but **staying your whole life in a job you dislike is also hard!**

You get it now? Did it click for you?
Then, **choose your type of hard and let's do this!** Woohoo!



LET'S GET REAL: A QUICK SELF-CHECK BEFORE YOU LEAP



WHERE ARE YOU NOW?



How would you describe your current lifestyle in one sentence?

e.g. I work 9-5 but dream of living abroad and having more time freedom.



What's the #1 reason you haven't made the change yet?



How do you feel about money, success, and taking risks right now?*



WHAT ARE YOU AFRAID OF?



What fear or belief keeps popping up when you think about becoming a digital nomad or building a business?

e.g. I'm not good enough, "I might fail," "What will people say?"



Reframe that thought into something more empowering:

e.g. I might fail → I will learn faster if I try.

***CHECK OUT EXTRA RESOURCES ON MONEY MINDSET & MANIFESTING HERE:**

**EXTRA RESOURCES
MONEY & MANIFESTING**



WHAT'S AT STAKE?

If you don't change anything, how might your life look 1 year from now?
If you DO go for it — what's the best-case scenario 1 year from now?

✗ IF NOTHING CHANGES	✓ IF I GO FOR IT

REMINDER: CHOOSE YOUR TYPE OF HARD

Staying stuck is hard. Taking the leap is also hard. Choose your hard.

Which path do you choose, and why?

YOUR WHY IN 3 SENTENCES

Write a short commitment to yourself.

I want to change my life because... I'm doing this for... I'll keep going when it gets hard because...



MAKE IT REAL

This is my promise to myself. I'm not waiting until I feel ready — I'm choosing to start now."

DATE

SIGNATURE



DOES JOY COST A LOT?



"You are rich if you can live with little."
Epictetus

WHAT BRINGS ME JOY AND MAKES ME FEEL ALIVE?	
ACTIVITY	AMOUNT OF MONEY REQUIRED



YOUR VISION



check out this video to

CREATE YOUR VISION BOARD

THINGS I WOULD DO IF I KNEW I COULDN'T FAIL AS A DIGITAL NOMAD



WHAT'S REALLY HOLDING YOU BACK?

UNDERSTAND THE BLOCKS SO THEY STOP BLOCKING YOU.



Step 1: Spot the Thought Traps

Even if you're smart, capable, and motivated... your mind might still be sabotaging you.
Let's shine a light on some common mental blocks:

Which of these do you experience most? Tick what resonates.

- I feel like a fraud, like I don't know enough to do this.
- I procrastinate or stay stuck in "research mode."
- I fear what others will think if I fail (or succeed).
- I constantly compare myself and feel behind.
- I secretly think: "People like me don't succeed doing this."
- I tell myself I'm not ready... yet.
- Think of others that apply to you

Awareness is the first step. Don't judge yourself — just observe.



Step 2 – Reframe & Replace

Write down a thought from above that hits home	Reframe it into something empowering but believable	Replace it with positive affirmations
<i>e.g. I'm not experienced enough to start</i>	<i>e.g. I'm learning fast — the only way to gain experience is by doing.</i>	<i>e.g. If I make a mistake I can learn from it and do better next time.</i>

You're not "lying" to yourself — you're rewiring your mindset.

USE THIS MANTRA (or write your own):
"I don't need to be perfect. I just need to show up."



IMPOSTER SYNDROME & SELF-SABOTAGE

YOU'RE NOT BROKEN. YOU'RE JUST HUMAN — AND NOW, AWARE.



IMPOSTER SYNDROME

Do you sometimes feel like a fraud... like you're just “winging it” and will eventually be found out?

That's Imposter Syndrome. It makes even highly skilled people question whether they're “good enough” — despite evidence to the contrary.

Common signs:

- ☀️ You doubt your achievements or downplay your wins
- ☀️ You attribute success to luck instead of skill
- ☀️ You avoid opportunities because you fear being “exposed”

AWARENESS TIP:

Even top CEOs, athletes, and creatives feel this. You're not alone — and it's not a reason to stop.



SELF-SABOTAGE

Self-sabotage is when you consciously want something — but your actions say otherwise.

Maybe you procrastinate, over-perfect, ghost yourself halfway through a goal, or attract distractions.

This often shows up as:

- ☀️ Overthinking or “waiting until it’s perfect”
- ☀️ Avoiding visibility (e.g. not posting, not launching)
- ☀️ Talking yourself out of trying

TRUTH BOMB:

Self-sabotage usually comes from fear — not laziness.
Once you spot the pattern, you can interrupt it.

Want to go deeper?

**EXTRA RESOURCES
INNER OBSTACLES**



WOOP EXERCISE

The WOOP method is a science-based mental strategy designed by Gabriele Oettingen and Peter M. Gollwitzer to help you find and achieve your wishes, set priorities, and change your habits.



W

WISH

What is a goal that you would like to achieve? Make it defined, difficult but achievable, and with a deadline.

O

OUTCOME

What will a successful outcome of your wish look like?

O

OBSTACLE

What are your biggest obstacles to achieving your goals? Only inner obstacles.

P

PLAN

What action will you take when facing an obstacle in achieving a goal? Stated as "when..., then..."

My wish is: _____

My outcome is: _____

My obstacle will be: _____

When: _____

Then I will: _____



DAILY MINDSET RITUAL

5 MINUTES A DAY TO ALIGN WITH THE PERSON YOU'RE BECOMING.

WHY THIS MATTERS

Business and freedom are built from the **inside out**.
The most successful entrepreneurs aren't the smartest — they're the ones who **stay consistent** even when motivation fades.

This quick daily ritual helps you reconnect with your goals, your confidence, and your why — especially on the hard days.

But first!

**EXAMPLE OF THE FIRST EXERCISE SO THAT YOU CAN APPLY IT PROPERLY
IT'S VERY POWERFUL!**

Ground + Visualise (1 min)

1. WHAT DO I NEED TODAY?

"I feel a bit overwhelmed and mentally foggy. I think I need clarity and a slower pace — not more pressure."

This step acknowledges where you're really at — which is important so you don't push yourself into burnout or guilt. Instead, you make room for conscious action.

2. VISUALISE YOUR DREAM LIFE

"I picture myself working from a calm beach café in Bali, feeling light, in flow, and proud of the business I've built helping others."

This reconnects you with why you're doing all this.

3. BRIDGE THE TWO

"If I want that life, I still need to take steps — but I don't need to do everything today. What's one clear, aligned task I can do calmly that moves me forward?"

RESULT

*Today, I'll just write the outline for my next digital product.
No pressure to finish. Just a clean, 30-min creative flow block. That's enough.*

WHY THIS WORKS

- You've honoured your real energy instead of bulldozing it.
- You're still taking purposeful action, which builds trust with yourself.
- You move forward — but in a way that aligns with how your future self would operate: with intention, calm, and focus.



YOUR 5-MINUTE RITUAL

Tiny rituals build unstoppable momentum.



1. Ground + Visualise (1 min)

Close your eyes.

1. Ask yourself: "What do I need today?"

(courage, rest, gentleness, focus, etc.)

2. Then visualise a moment of your dream lifestyle — a coffee in Bali, working from a sunny balcony, helping someone through your business...

3. Now align today's energy with your long-term goal.

2. Gratitude Check (1 min)

Write down 3 things you're grateful for right now.
Big or small.

1 _____
2 _____
3 _____

3. Affirm Yourself (1 min)

Write or say 2–3 statements you want to believe more deeply.

*e.g.: "I take imperfect action and trust it's enough."
"I am building something powerful — even if no one sees it yet."*

MY AFFIRMATIONS

1 _____
2 _____
3 _____

4. Reflect + Improve (1 min)

What's one thing I did yesterday that I'm proud of? _____

What's one thing I'll do today to get 1% closer to my goals? _____

5. Repeat Daily

Even on your worst day, come back to this page. The magic is in showing up.



You can duplicate endlessly the following template to be able to do this exercise daily

MY JOURNAL TEMPLATE



YOU'VE DONE THE INNER WORK — NOW LET'S BUILD THE OUTER FREEDOM

YOU'RE READY (EVEN IF YOU DON'T FEEL LIKE IT)



This is where most people stop... but you're not most people

First of all — give yourself a moment.

You showed up. You've done deep, sometimes uncomfortable work.

You clarified your vision, faced your fears, and planted seeds for a powerful new identity.

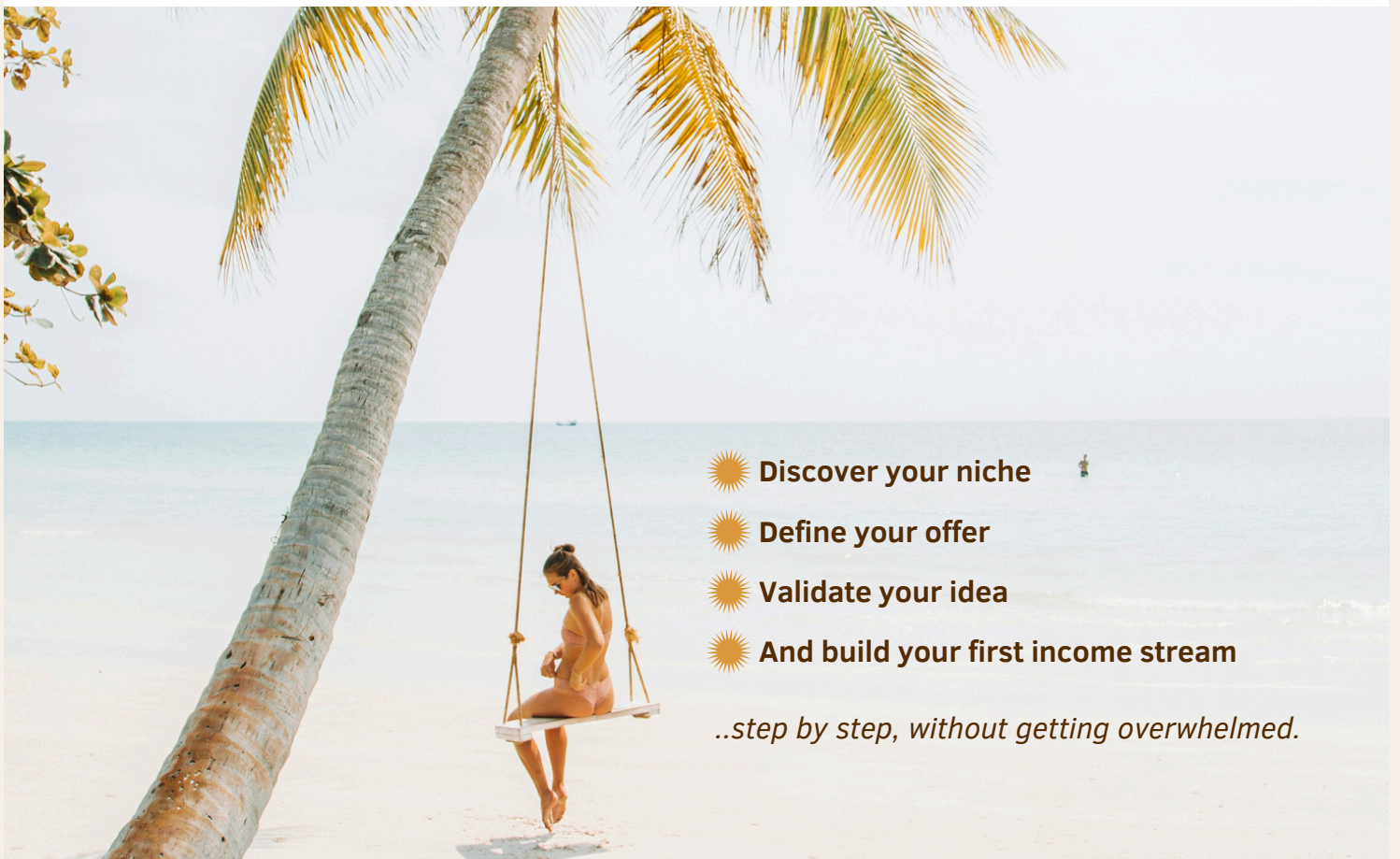
That alone sets you apart.

But now comes the part that turns mindset into momentum.

So, what's next?

It's time to get practical and build the first version of your online business.

In the next phase — The Freedom Blueprint: Strategy, you'll:



- ☀️ **Discover your niche**
- ☀️ **Define your offer**
- ☀️ **Validate your idea**
- ☀️ **And build your first income stream**

..step by step, without getting overwhelmed.



THE FREEDOM BLUEPRINT



STILL FEEL UNSURE OR “NOT READY”?

That’s normal.

Nobody ever feels 100% ready when they’re doing something new.

Action brings clarity — not the other way around.

SO IF YOU’RE HERE THINKING...

- ☀️ “I don’t know enough” → You’ll learn while doing.
- ☀️ “It’s not the right time” → There’s never a perfect time.
- ☀️ “What if I fail?” → What if this changes everything?

Ready to take the next step?



“YOU’RE ONE DECISION AWAY FROM A COMPLETELY DIFFERENT LIFE.”
– MEL ROBBINS

CLICK HERE TO START THE STRATEGY PHASE

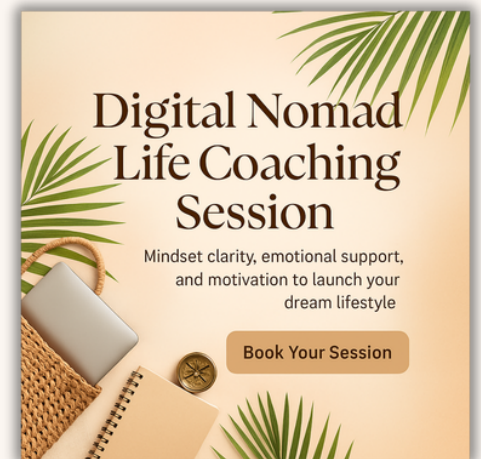
THE FREEDOM BLUEPRINT - STRATEGY

DO YOU NEED GUIDANCE BEFORE YOU START?

Digital Nomad Life Coaching

Not just business. This session is about you. Let go of fear, gain emotional clarity, and feel fully supported as you take your first steps toward the digital nomad life.

FIND OUT MORE



You can do this!

And remember:
You're not alone
in the process.

