

4 ROADS 2 FREEDOM

A Starter Guide for Rural Mamas
Rebuilding Their Next Chapter

WWW.4ROADSLLC.STORE

Created by a North Dakota Mama & Digital Freedom-Finder



ABOUT ME

"I'm Amber—ranch wife, mama of 4, and a fired-up 40-something who's done putting herself last. Now I'm building a digital business from our small-town life and helping other mamas create income, freedom, and purpose in this next season. 💻❤️"

Amber Schmidt

Grit Road

Make Time to Rest and Love Well

What This Road Is About:

This road is for the moms who are always doing, fixing, planning, cooking, caretaking... and never stop. Grit Road is about giving yourself permission to slow down, rest, and receive.

Because rest is productive.

Sample Daily Practice:

- 10-Minute Rest Break: Put your feet up, close your eyes, no phone.
- Text someone you love just to say hi or share a memory.
- Write 1 thing you accomplished today (even if it was just doing the dishes!).

Real Life Affirmation:

“My worth isn’t measured by how much I do, but by who I am.”

Growth Pass

Move Your Body & Check In With Your Mind

What This Road Is About:

Growth isn't always loud. This is the road of small, daily check-ins with your body and your mental health. This road is for mamas learning to take care of themselves like they took care of everyone else.

Sample Daily Practice:

- 5-Min Stretch or Walk Outside (shoes optional, PJs acceptable)
- Quick Mood Check: "How am I feeling really today?"
- Water & Vitamins Check: Basic, but game-changing.

Real Life Affirmation:

"I deserve to feel strong, safe, and supported."

Freedom Trail

Journal, Reflect, or Make Space For You

What This Road Is About:

You spent decades knowing what your kids wanted for lunch... but do you know what you really want right now? Freedom Trail is about reconnecting with yourself. It starts with journaling and tiny pauses.

Sample Daily Practice:

- Journal Prompt: “What would make me feel 10% more me today?”
- 3-Minute Meditation or Stillness (no pressure if your mind wanders)
- Reflect on one thing that made you smile in the last 24 hours.

Real Life Affirmation:

“I am still becoming. My story isn’t over.”

Goldmine Way

Explore or Create Something For Joy or Profit

What This Road Is About:

This is where we build a digital life that feels like YOU. Goldmine Way is for the mama who wants to start making money online, explore affiliate marketing, or get creative again—without pressure, burnout, or a boss.

Sample Daily Practice:

- Watch a free training (Canva to Cash, Legacy Builders, etc.)
- Brainstorm 3 things you love talking about
- Try making 1 simple piece of content (a quote graphic or TikTok)

Real Life Affirmation:

“There is still so much I want to learn, share, and create.”

Want to Go Deeper?

Get the Full 4 Roads Program!

Ready to fully walk your road (or all 4)?

Inside the paid program, you'll get:

- A 4-week guided roadmap with daily mini-challenges
- Printable trackers + self-care calendars
- Video reflections for each Road
- Templates + tools to help you earn online (especially on Goldmine Way)

Just \$27 for lifetime access.

Click here to upgrade to the Full 4 Roads Experience

Upgrade NOW! 



Every moment is an
opportunity to change
your perspective.

Client Testimonial



Amber Schmidt
Owner of 4 Roads LLC



Destiny Burwell
14h · Wins!

• **Another \$900 DING while out shopping!** 🎉

Feeling the love today! 🥰 So incredibly grateful! I'm SO close to hitting \$200K since starting my digital business in May of 2024. 100K of those sales are directly from



42



14



New comment just now



Stacy Joenies
8h · Wins!

• **Made Another \$1800 Again — But It's Bigger Than the Money**

Another \$1800 hit my account and honestly, the leads didn't stop coming in, and the sales didn't stop either. But here's the thing... it's not just about the money. It's about momentum. It's about proof that this



42



39



New comment just now



Christy Mitropoulos
24h · Wins!

A \$900 sale just put me at \$50,100 in under a year!!!!

Friday will be my one year anniversary in digital marketing and I just passed the \$50,000 while doing my live after today's webinar and I'm honestly sitting here in tears. 🥰.🥰.🥰.🥰.🥰

Not because of the money—but because I know where I was a year ago.

Confused. Discouraged. Wondering if I'd ever find something that could actually work for me.

And now... I see God's hand in every bit of this journey.

... to get wealth..." —



Wendy Nolan
4d · Wins!

🎉 **\$2,700 in One Day... While I Was Out Biking with Friends!** 🚲💰

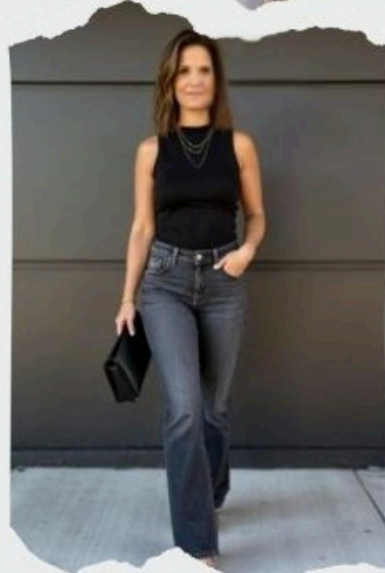
Just wanted to drop a little real-life freedom win in here from yesterday... We spent the entire day out with friends on our brand new E-bikes(thanks to digital 🥰) — riding trails,



Thank-you!

MY MISSION IN BUSINESS

My mission is to help women—especially mamas in their 40s and beyond—rediscover their worth and create meaningful income after years of putting themselves last. Through digital marketing, intentional living, and simple wellness habits, I empower women to build flexible businesses, restore confidence, and finally focus on themselves—mentally, physically, emotionally, and financially.



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