

# 10K Freedom Formula - Day 3 Workbook

## Part 1: Weekly Flow Framework

- What tasks do you currently do that take up the most time?
- Which tasks actually lead to income?
- What could you eliminate, delegate, or automate?
- Design your 2-hour/day Weekly Flow below:

## Part 2: Map Your 3-Part Automation System

- Attract – What content or strategy will bring in leads?
- Capture – What freebie or lead magnet will you offer?
- Convert – What will your email follow-up say to nurture and sell?

## Part 3: Identify Scaling Systems

- What part of your business is ready to automate right now?
- What tool or software will you need to help you automate it?
- What system can save you the most time this month?

## Part 4: Your 90-Day Scale Plan

- In the next 30 days, I will:
- In the next 60 days, I will:
- In the next 90 days, I will:
- My \$10K/month offer is:
- One thing I will stop doing starting today:

## Final Reflection

- How do I feel now about reaching \$10K/month?
- What new belief do I have about scaling and automation?