

More Freedom without More Work

UNLOCK 20 EXTRA MINUTES OF FREEDOM EVERY DAY!

Handbook

Cynn Louise Casron
The Cosmic Valkyrie LLC



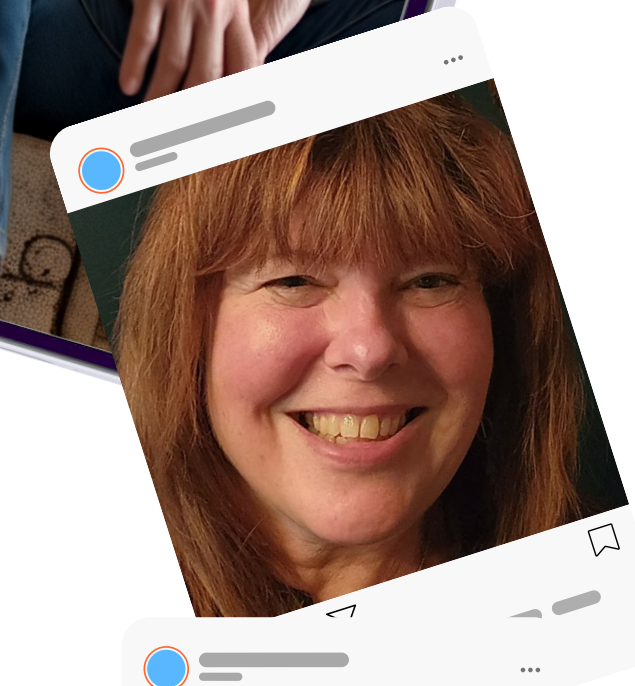
MEET THE TEAM

About Lynn Louise Larson

For more than 15 years, I've helped women break free from the subconscious patterns that keep them overworked, overwhelmed, and constantly feeling like there isn't enough time.

As the creator of the Evolution 10X Method, I combine quantum mechanics, ancient wisdom, and practical strategy to help women create more time, freedom, and wealth without working harder.

I believe time freedom isn't created by managing your calendar. It's created by changing the way you think, make decisions, and move through the world. My mission is simple: to help women reclaim their time so they can create the impact, income, and life they were meant to live.



About Diane Sass

Diane brings more than 35 years of experience in leadership development, human resources, organizational strategy, consulting, and coaching to the Evolution 10X Method. As a Certified E10X Trainer, Diane combines decades of practical experience with the transformational principles of Evolution 10X to help women create meaningful, lasting change. Known for asking the right questions and uncovering hidden blind spots, Diane helps women move beyond overthinking and into aligned action.



About Suzette Berry

Suzette is a lifelong entrepreneur, author, and visionary who believes wealth is created when courage, alignment, and action come together. As a Certified E10X Trainer, she combines wealth consciousness, and intuitive insight to help women reconnect with their vision and create success on their own terms. Having reinvented her own life and business, she empowers others to trust their inner knowing, take aligned action, and build lives that reflect who they truly are.

Before You Get Started...

Why You're Still Stuck in Time Scarcity

Most of us were conditioned to believe that having more time comes from working harder, becoming more productive, or getting better organized. It doesn't. Those things simply help you fit more into the same 24 hours.

The real problem isn't your calendar—it's the subconscious patterns deciding where your time goes. Until those patterns change, you'll continue creating a life where there never seems to be enough time.

What It Will Really Take

Time freedom isn't about finding more hours. It's about becoming the woman who no longer gives them away. When you stop measuring your worth by how much you accomplish, stop trying to do everything yourself, and start making intentional decisions, you don't just manage your time—you begin creating it.

The Myth of Doing It All

The women with the most freedom aren't the women who do the most. They're the women who know what **not** to do.

Creating more time isn't about becoming more productive. It's about eliminating what no longer deserves your time, energy, and attention.

Stop Waiting for "Someday"

How long have you been telling yourself...

"Things will slow down after..."

Has that day ever come?

Time freedom doesn't arrive when life gets easier. It begins the moment you stop waiting and start making different decisions.

Don't Let Another Year Disappear

One of the greatest misconceptions about time is that we'll have more of it later...

Later, when the kids are older.

Later, when business slows down.

Later, when life gets easier.

But later has a way of becoming next year. And then five years pass. The goal of this workbook isn't simply to help you reclaim 30 or 60 minutes a day.

It's to help you become aware of the unconscious habits, beliefs, and decisions that have been quietly stealing your life.

Because once you see them, you'll never look at time the same way again.

Andria Reclaimed More Than an Income—She Reclaimed Her Time

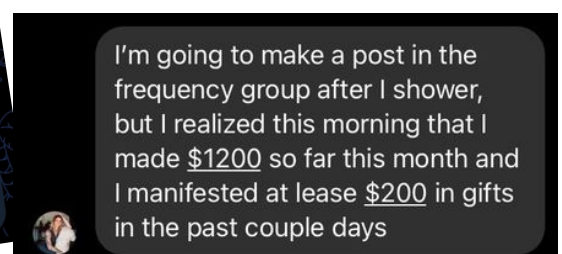
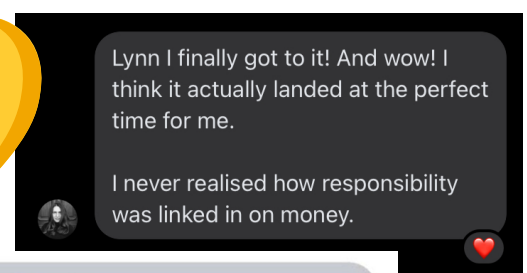
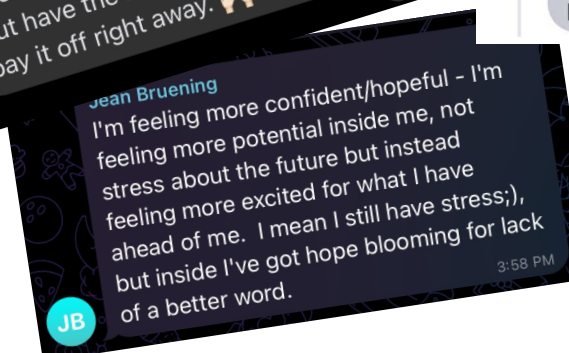
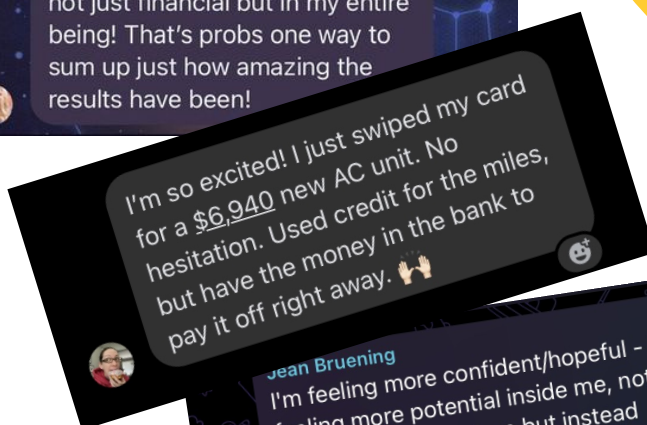
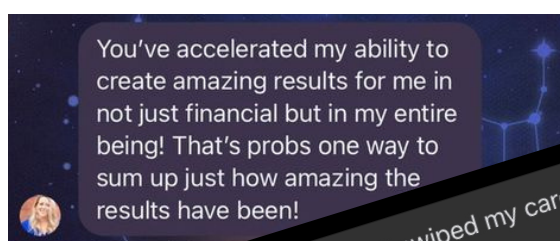


For decades, Andria invested in personal development because she knew growth was the foundation of creating a better life.

Yet despite spending tens of thousands of dollars on courses and business coaching, she still found herself working a full-time job while struggling to build the business she dreamed of.

Within 90 days of implementing the Evolution 10X Method™, Andria had replaced her full-time income and was able to begin planning her early retirement.

Today, instead of structuring her life around a job, she has the freedom to structure her days around what matters most—including spending more time with her son. For Andria, the greatest transformation wasn't just financial. It was reclaiming the freedom to live life on her own terms.



Unlock 20 Extra Minutes of Freedom Every Day!

Handbook

The Evolution 10X Method™ isn't just another personal development program. It's a transformational framework designed to create lasting change from the inside out. Rather than focusing on temporary motivation or surface-level tactics, E10X helps you think differently, make different decisions, and create different results.

Every lesson is built on three core pillars:

Quantum Mechanics: Your reality is not fixed. Every decision you make influences the future you're creating. By understanding the principles of possibility, observation, and intentional choice, you begin shifting from reacting to life to consciously creating it.

Brain Science: Your subconscious mind drives the vast majority of your daily thoughts, behaviors, and decisions. If your habits continue producing the same results, it's because your brain is operating from familiar patterns. Through neuroscience and subconscious reprogramming, you'll learn how to replace those patterns with beliefs and behaviors that support the life you want to create.

Practical Strategies: Transformation requires action. Every insight in the Evolution 10X Method is paired with practical tools and strategies you can immediately apply to your life, career, and business. Lasting change happens when a new way of thinking is supported by consistent action.

LET'S GET STARTED

CREATE MORE TIME FREEDOM WITHOUT ADDING MORE WORK!

Quantum Mechanics: *Time Is Created Before It's Scheduled*

One of the greatest misconceptions about time is that everyone experiences the same 24 hours. While we all receive the same number of minutes each day, we don't all create the same reality within them.

Some people seem to have time for meaningful work, relationships, rest, and personal growth, while others constantly feel like they're racing against the clock. The difference isn't that one group has more hours. It's that they make different decisions, and over time, those decisions create a completely different life.

Quantum mechanics teaches us that the universe is filled with possibilities. At any given moment, countless potential futures exist, and every choice you make moves you toward one of them. While your schedule isn't determined by quantum physics alone, the principle is powerful: **every decision you make changes the trajectory of your future.** Saying yes instead of no, checking your email before your priorities, postponing an important conversation, or spending another hour scrolling your phone may seem insignificant in the moment. Yet those small decisions compound over time until they become your reality.

The exciting part is that if your current reality was created one decision at a time, it can also be transformed one decision at a time. Time freedom isn't something you stumble upon when life slows down. It's something you intentionally create through the choices you make every single day. Before we look at the practical decisions stealing your time, we first need to understand why your brain keeps making them automatically.

Brain Science:

Why Your Brain Keeps Recreating the Same Day

If creating more time were simply a matter of knowing what to do, most of us would already have it.

We know we should set better boundaries. We should stop overcommitting. We know we should spend less time on distractions and more time on what truly matters. Yet knowing isn't the problem. Your brain is.

Your subconscious mind is designed to conserve energy by turning repeated thoughts, behaviors, and decisions into automatic habits. It's incredibly efficient. In fact, much of what you do each day happens without conscious thought. You wake up, follow familiar routines, respond to familiar triggers, and make familiar decisions because your brain has learned that these patterns are safe.

The challenge is that your subconscious doesn't distinguish between what is healthy and what is exhausting. It simply reinforces what is familiar.

If you've spent years saying yes to everyone, feeling responsible for solving other people's problems, measuring your worth by your productivity, or believing you have to earn rest, your brain has built neural pathways that make those behaviors feel normal. Even when you consciously decide you want more time, your subconscious quietly guides you back to the patterns it already knows.

This is why lasting change requires more than willpower. You don't need another planner or a better to-do list. You need to recognize the subconscious beliefs driving your daily decisions and begin replacing them with new ones.

When your thinking changes, your decisions change.
When your decisions change, your schedule changes.
And when your schedule changes, your life changes.

That's how time freedom is created 👉 not by managing more, but by becoming someone who naturally chooses differently.

Step 1: Discover Your Hidden Time Leaks

Most women don't lose hours because they're lazy. They lose them because of unconscious habits, repeated decisions, and mental patterns they've never stopped to question. The questions below are designed to uncover those hidden blind spots. Don't overthink your answers.

Blind Spot #1: Worry

How much time do you spend worrying about everything you have to get done instead of actually doing it?

- ☐ Almost never
- ☐ Occasionally
- ☐ Daily
- ☐ Constantly

If you could instantly stop worrying...

How many minutes do you think you'd reclaim each day?

Blind Spot #2: Decision Fatigue

How many times each day do you ask yourself...

What should I do next?

Because you don't already have a clear plan.

- ☐ Rarely
- ☐ 3-5 times
- ☐ 6-10 times
- ☐ I feel like I'm constantly deciding.

Estimated minutes lost:

Blind Spot #3: Lack of Structure

When you begin your day...

- ☐ I know exactly what my priorities are.
- ☐ I have a list, but I jump around.
- ☐ I mostly react to whatever happens.
- ☐ My day feels chaotic.

Estimated minutes lost switching between tasks:

Blind Spot #4: People-Pleasing

How often do you interrupt your priorities because someone else needs something?

- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Constantly

Estimated minutes lost:

Blind Spot #5: Perfectionism

How often do you spend more time making something perfect than necessary?

- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Every day

Estimated minutes lost:

Blind Spot #6: Mental Clutter

How often do you keep your to-do list in your head instead of one trusted place?

- ☐ Never
- ☐ Sometimes
- ☐ Most days
- ☐ Always

How much mental energy does this consume?

Estimated minutes lost:

Blind Spot #7: Repeating Yourself

How often do you answer the same questions... Redo the same task... Or solve the same problem... Because you never created a simple system?

Estimated minutes lost:

Calculate Your Total Minutes:

Look back over your answers. Circle Your Biggest Time Leak

Which ONE area is costing you the most time?

- ☐ Worrying
- ☐ Lack of planning
- ☐ Interruptions
- ☐ People-pleasing
- ☐ Perfectionism
- ☐ Technology
- ☐ Other

The Daily Freedom List

Almost everyone begins their day with a to-do list. That's the problem. A to-do list treats every task as equally important. As a result, your attention bounces from one thing to another. By the end of the day you've been busy, but not necessarily intentional. Instead, you're going to create a Freedom

Step 1

Look at everything on your current to-do list. Circle only the three tasks that would create the biggest positive impact if completed today. Not the easiest. Not the fastest. The most meaningful.

Write them here.

- 1.
- 2.
- 3.

Step 2

Now ask yourself these questions for every remaining task.

Can I eliminate it?

If nobody noticed this disappeared...
Would it matter?

Can I automate it?

Could technology save me time?

Can I delegate it?

Does this actually require me?

Can I delay it?

Does it truly need to happen today?

Step 3

Now estimate how many minutes you just reclaimed.

Step 4

Tomorrow...

Instead of writing everything you hope to accomplish...

Choose only your three most important priorities.

Then ask yourself of every other task:

- Does this need to happen today?
- Does this need to be done by me?
- What happens if this waits until tomorrow?

If it doesn't support your priorities... Give yourself permission to let it go.

What's Next?

If you've completed the exercises in this workbook, you've already taken the first step toward reclaiming more freedom in your day. By identifying your biggest time leaks and narrowing your focus to what truly matters, you've likely discovered that creating more time isn't about doing more—it's about doing what matters most.

This handbook isn't teaching productivity. It's teaching discernment. Most women don't actually need more time. They need permission to stop treating everything like Priority #1.

Congratulations! You've completed Phase One by uncovering the hidden ways your time has been quietly slipping away.

Now you're ready for Phase Two. Join me for the upcoming workshop, *How to Reclaim 8 Hours Every Week (Without Working Harder)*, where we'll build on what you've learned in this workbook and show you how to transform those small daily shifts into 8 extra hours of freedom every week.

PHASE TWO

7 Day Adventure

How to Reclaim 8 Hours Every Week

(Without Working Harder)

Aug 17-24th

LIVE and Virtual with Replay Access.

ENROLL HERE!

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