

HER FREEDOM
12-WEEK CAPACITY-FIRST EDITION

The
HER
Freedom
SystemTM

Build your business around your life.
Not your life around your business.

12 WEEKS · CAPACITY-FIRST · UNDATED

PLAN WITH CLARITY. BUILD WITH INTENTION.
LIVE WITH MORE FREEDOM.

Designed Around Your Real Life

You do not need a planner that expects more from you. You need a planning system that understands more about you.

HER Freedom begins with the life you already have: children, work, home, relationships,

THE HER FREEDOM PROMISE

- Capacity before consistency.
- Life before the business plan.
- One meaningful step can be enough.
- An interrupted week is not a failed week.
- The system flexes when your life changes.

Someone finally designed this around the way my life actually works.

How the HER Freedom System Works

The framework stays the same. The planning experience now bends around your capacity.

RESET · Create Capacity

Pause before planning. Notice your energy, mental load and what support you need.

SIMPLIFY · Create Space

Decide what matters now, what can wait and what can be delegated, reduced or released.

BUILD · Create Systems

Use the pockets of time you actually have for the action most connected to future freedom.

GROW · Protect Freedom

Reflect on what worked and preserve the conditions that make progress sustainable.

She's Already Here

Before you plan what you will do, remember who you are becoming.

What does freedom mean to me in this season?

What does the woman I am becoming protect?

What does she no longer carry?

What does success look like when it does not cost my wellbeing?

She's Already Here

Let your standards shape the way you build.

How does she work?

How does she rest?

What does she make room for?

What do I want my children / family to remember about this season?

My 12-Week Standard

This is not a promise to perform perfectly. It is the way you want to move through this season.

The woman I am becoming is...

For these next 12 weeks, I am protecting...

I am willing to let go of...

My standard for these 12 weeks is not perfection. It is:

Your 12-Week Freedom Map

Choose one meaningful direction. You do not need twelve different goals.

What would make these 12 weeks feel meaningful?

The life outcome I want to protect or improve

The business / income outcome I want to move forward

What I refuse to sacrifice to get there

Week 1 · Return to Yourself

One clear week. One calm plan. Start with who you are, not what you owe.

This week I am choosing to show up as

My word / intention for this week

One belief or pressure I am releasing

What would make this week feel successful - even if it is not perfect?

What Is Life Asking of Me?

See the whole week before asking your business to fit inside it.

Fixed commitments · work · appointments

Family · children · caring

Home · life admin

Me · rest · wellbeing

Anything unusual, heavy or emotionally demanding this week?

The pockets of time that genuinely belong to me

Capacity Before Consistency

Plan from the week you actually have - not the week you wish you had.

MY HONEST CAPACITY THIS WEEK

- ☐ LOW · I need a minimum week
- ☐ STEADY · I can hold my core priorities
- ☐ SPACIOUS · I genuinely have room for more

What is taking energy before I even begin?

What support would make this week lighter?

One thing I am releasing before I plan

My Week Can Have Three Shapes

Changing capacity does not mean starting over. Move between these versions as life changes.

MINIMUM WEEK · If life is full, the one meaningful business action is...

STEADY WEEK · My core priorities are...

SPACIOUS WEEK · If I genuinely have more capacity, I can also...

If the week goes sideways, I will return to...

Clear, Sort, Simplify

Empty your head first. Then decide what deserves space.

Everything competing for my attention

Needs attention this week

Can wait

Delegate / simplify

Release entirely

Build the Week Around Your Life

Give your available pockets a purpose before smaller tasks take over.

DAY	LIFE ALREADY HAPPENING	MY REALISTIC NEXT STEP
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

My protected focus pocket this week

My stop point / boundary

Monday + Tuesday

You do not need a perfect day. You need a next step that fits the capacity you have.

Monday

Capacity

☐ Low

☐ Steady

☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m

☐ 30m

☐ 60m

☐ Not today

If today goes sideways, my minimum next step is

Tuesday

Capacity

☐ Low

☐ Steady

☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m

☐ 30m

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If today goes sideways, my minimum next step is

Wednesday + Thursday

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Wednesday

Capacity

☐ Low

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Life already happening

If I move ONE thing forward

Available pocket

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Thursday

Capacity

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Life already happening

If I move ONE thing forward

Available pocket

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☐ 30m

☐ 60m

☐ Not today

If today goes sideways, my minimum next step is

Friday + Weekend

You do not need a perfect day. You need a next step that fits the capacity you have.

Friday

Capacity

☐ Low ☐ Steady ☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m ☐ 30m ☐ 60m ☐ Not today

If today goes sideways, my minimum next step is

Weekend

Capacity

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Meaningful Business Progress

Build what matters. Batch what repeats. Let the rest wait.

The outcome most connected to future freedom this week

What can I batch or create once?

What can keep working after I stop?

What am I tempted to do that does NOT need my attention?

The next tiny step if I only have 15 minutes

What Moved This Week?

Notice momentum without grading yourself.

I moved forward on...

Something I maintained...

Something I intentionally let go...

Something that can stay unfinished...

What made progress easier?

What felt heavier than it needed to?

Next week I want to protect

Week 2 · Return to Yourself

One clear week. One calm plan. Start with who you are, not what you owe.

This week I am choosing to show up as

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Me · rest · wellbeing

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My stop point / boundary

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☐ 30m

☐ 60m

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If today goes sideways, my minimum next step is

Friday + Weekend

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Friday

Capacity

☐ Low

☐ Steady

☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

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☐ 30m

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Weekend

Capacity

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Something I intentionally let go...

Something that can stay unfinished...

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What felt heavier than it needed to?

Next week I want to protect

Week 4 · Return to Yourself

One clear week. One calm plan. Start with who you are, not what you owe.

This week I am choosing to show up as

My word / intention for this week

One belief or pressure I am releasing

What would make this week feel successful - even if it is not perfect?

What Is Life Asking of Me?

See the whole week before asking your business to fit inside it.

Fixed commitments · work · appointments

Family · children · caring

Home · life admin

Me · rest · wellbeing

Anything unusual, heavy or emotionally demanding this week?

The pockets of time that genuinely belong to me

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- ☐ SPACIOUS · I genuinely have room for more

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What support would make this week lighter?

One thing I am releasing before I plan

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Everything competing for my attention

Needs attention this week

Can wait

Delegate / simplify

Release entirely

Build the Week Around Your Life

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My protected focus pocket this week

My stop point / boundary

Monday + Tuesday

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Monday

Capacity

☐ Low

☐ Steady

☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m

☐ 30m

☐ 60m

☐ Not today

If today goes sideways, my minimum next step is

Tuesday

Capacity

☐ Low

☐ Steady

☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m

☐ 30m

☐ 60m

☐ Not today

If today goes sideways, my minimum next step is

Wednesday + Thursday

You do not need a perfect day. You need a next step that fits the capacity you have.

Wednesday

Capacity

☐ Low ☐ Steady ☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m ☐ 30m ☐ 60m ☐ Not today

If today goes sideways, my minimum next step is

Thursday

Capacity

☐ Low ☐ Steady ☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m ☐ 30m ☐ 60m ☐ Not today

If today goes sideways, my minimum next step is

Friday + Weekend

You do not need a perfect day. You need a next step that fits the capacity you have.

Friday

Capacity

☐ Low

☐ Steady

☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m

☐ 30m

☐ 60m

☐ Not today

If today goes sideways, my minimum next step is

Weekend

Capacity

☐ Low

☐ Steady

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Life already happening

If I move ONE thing forward

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☐ 30m

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If today goes sideways, my minimum next step is

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The outcome most connected to future freedom this week

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What can keep working after I stop?

What am I tempted to do that does NOT need my attention?

The next tiny step if I only have 15 minutes

What Moved This Week?

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Something I maintained...

Something I intentionally let go...

Something that can stay unfinished...

What made progress easier?

What felt heavier than it needed to?

Next week I want to protect

Week 4 Checkpoint

You are not behind. Use what you have learned to make the next season lighter.

What is working because it fits my real life?

What keeps creating friction?

What can I simplify, automate, delegate or stop?

What do I want the next four weeks to feel like?

Week 5 · Return to Yourself

One clear week. One calm plan. Start with who you are, not what you owe.

This week I am choosing to show up as

My word / intention for this week

One belief or pressure I am releasing

What would make this week feel successful - even if it is not perfect?

What Is Life Asking of Me?

See the whole week before asking your business to fit inside it.

Fixed commitments · work · appointments

Family · children · caring

Home · life admin

Me · rest · wellbeing

Anything unusual, heavy or emotionally demanding this week?

The pockets of time that genuinely belong to me

Capacity Before Consistency

Plan from the week you actually have - not the week you wish you had.

MY HONEST CAPACITY THIS WEEK

- ☐ LOW · I need a minimum week
- ☐ STEADY · I can hold my core priorities
- ☐ SPACIOUS · I genuinely have room for more

What is taking energy before I even begin?

What support would make this week lighter?

One thing I am releasing before I plan

My Week Can Have Three Shapes

Changing capacity does not mean starting over. Move between these versions as life changes.

MINIMUM WEEK · If life is full, the one meaningful business action is...

STEADY WEEK · My core priorities are...

SPACIOUS WEEK · If I genuinely have more capacity, I can also...

If the week goes sideways, I will return to...

Clear, Sort, Simplify

Empty your head first. Then decide what deserves space.

Everything competing for my attention

Needs attention this week

Can wait

Delegate / simplify

Release entirely

Build the Week Around Your Life

Give your available pockets a purpose before smaller tasks take over.

DAY	LIFE ALREADY HAPPENING	MY REALISTIC NEXT STEP
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My protected focus pocket this week

My stop point / boundary

Monday + Tuesday

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Monday

Capacity

☐ Low

☐ Steady

☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m

☐ 30m

☐ 60m

☐ Not today

If today goes sideways, my minimum next step is

Tuesday

Capacity

☐ Low

☐ Steady

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Life already happening

If I move ONE thing forward

Available pocket

☐ 15m

☐ 30m

☐ 60m

☐ Not today

If today goes sideways, my minimum next step is

Wednesday + Thursday

You do not need a perfect day. You need a next step that fits the capacity you have.

Wednesday

Capacity

☐ Low ☐ Steady ☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m ☐ 30m ☐ 60m ☐ Not today

If today goes sideways, my minimum next step is

Thursday

Capacity

☐ Low ☐ Steady ☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m ☐ 30m ☐ 60m ☐ Not today

If today goes sideways, my minimum next step is

Friday + Weekend

You do not need a perfect day. You need a next step that fits the capacity you have.

Friday

Capacity

☐ Low

☐ Steady

☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m

☐ 30m

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If today goes sideways, my minimum next step is

Weekend

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Something I maintained...

Something I intentionally let go...

Something that can stay unfinished...

What made progress easier?

What felt heavier than it needed to?

Next week I want to protect

Week 6 · Return to Yourself

One clear week. One calm plan. Start with who you are, not what you owe.

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My word / intention for this week

One belief or pressure I am releasing

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My protected focus pocket this week

My stop point / boundary

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Wednesday + Thursday

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Capacity

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Life already happening

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Available pocket

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Capacity

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Life already happening

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If today goes sideways, my minimum next step is

Friday + Weekend

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Friday

Capacity

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Week 7 · Return to Yourself

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DAY	LIFE ALREADY HAPPENING	MY REALISTIC NEXT STEP
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

My protected focus pocket this week

My stop point / boundary

Monday + Tuesday

You do not need a perfect day. You need a next step that fits the capacity you have.

Monday

Capacity

☐ Low

☐ Steady

☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m

☐ 30m

☐ 60m

☐ Not today

If today goes sideways, my minimum next step is

Tuesday

Capacity

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Wednesday + Thursday

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Wednesday

Capacity

☐ Low ☐ Steady ☐ Spacious

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Available pocket

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Thursday

Capacity

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Life already happening

If I move ONE thing forward

Available pocket

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Friday + Weekend

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Friday

Capacity

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Meaningful Business Progress

Build what matters. Batch what repeats. Let the rest wait.

The outcome most connected to future freedom this week

What can I batch or create once?

What can keep working after I stop?

What am I tempted to do that does NOT need my attention?

The next tiny step if I only have 15 minutes

What Moved This Week?

Notice momentum without grading yourself.

I moved forward on...

Something I maintained...

Something I intentionally let go...

Something that can stay unfinished...

What made progress easier?

What felt heavier than it needed to?

Next week I want to protect

Week 8 · Return to Yourself

One clear week. One calm plan. Start with who you are, not what you owe.

This week I am choosing to show up as

My word / intention for this week

One belief or pressure I am releasing

What would make this week feel successful - even if it is not perfect?

What Is Life Asking of Me?

See the whole week before asking your business to fit inside it.

Fixed commitments · work · appointments

Family · children · caring

Home · life admin

Me · rest · wellbeing

Anything unusual, heavy or emotionally demanding this week?

The pockets of time that genuinely belong to me

Capacity Before Consistency

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MY HONEST CAPACITY THIS WEEK

- ☐ LOW · I need a minimum week
- ☐ STEADY · I can hold my core priorities
- ☐ SPACIOUS · I genuinely have room for more

What is taking energy before I even begin?

What support would make this week lighter?

One thing I am releasing before I plan

My Week Can Have Three Shapes

Changing capacity does not mean starting over. Move between these versions as life changes.

MINIMUM WEEK · If life is full, the one meaningful business action is...

STEADY WEEK · My core priorities are...

SPACIOUS WEEK · If I genuinely have more capacity, I can also...

If the week goes sideways, I will return to...

Clear, Sort, Simplify

Empty your head first. Then decide what deserves space.

Everything competing for my attention

Needs attention this week

Can wait

Delegate / simplify

Release entirely

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Week 8 Checkpoint

You are not behind. Use what you have learned to make the next season lighter.

What is working because it fits my real life?

What keeps creating friction?

What can I simplify, automate, delegate or stop?

What do I want the next four weeks to feel like?

Week 9 · Return to Yourself

One clear week. One calm plan. Start with who you are, not what you owe.

This week I am choosing to show up as

My word / intention for this week

One belief or pressure I am releasing

What would make this week feel successful - even if it is not perfect?

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Me · rest · wellbeing

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My protected focus pocket this week

My stop point / boundary

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☐ 60m

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Wednesday + Thursday

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Wednesday

Capacity

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Life already happening

If I move ONE thing forward

Available pocket

☐ 15m ☐ 30m ☐ 60m ☐ Not today

If today goes sideways, my minimum next step is

Thursday

Capacity

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Life already happening

If I move ONE thing forward

Available pocket

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If today goes sideways, my minimum next step is

Friday + Weekend

You do not need a perfect day. You need a next step that fits the capacity you have.

Friday

Capacity

☐ Low ☐ Steady ☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

☐ 15m ☐ 30m ☐ 60m ☐ Not today

If today goes sideways, my minimum next step is

Weekend

Capacity

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Life already happening

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Something I intentionally let go...

Something that can stay unfinished...

What made progress easier?

What felt heavier than it needed to?

Next week I want to protect

Week 10 · Return to Yourself

One clear week. One calm plan. Start with who you are, not what you owe.

This week I am choosing to show up as

My word / intention for this week

One belief or pressure I am releasing

What would make this week feel successful - even if it is not perfect?

What Is Life Asking of Me?

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Fixed commitments · work · appointments

Family · children · caring

Home · life admin

Me · rest · wellbeing

Anything unusual, heavy or emotionally demanding this week?

The pockets of time that genuinely belong to me

Capacity Before Consistency

Plan from the week you actually have - not the week you wish you had.

MY HONEST CAPACITY THIS WEEK

- ☐ LOW · I need a minimum week
- ☐ STEADY · I can hold my core priorities
- ☐ SPACIOUS · I genuinely have room for more

What is taking energy before I even begin?

What support would make this week lighter?

One thing I am releasing before I plan

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SPACIOUS WEEK · If I genuinely have more capacity, I can also...

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Needs attention this week

Can wait

Delegate / simplify

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My protected focus pocket this week

My stop point / boundary

Monday + Tuesday

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Monday

Capacity

☐ Low

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Life already happening

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☐ 30m

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Tuesday

Capacity

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If today goes sideways, my minimum next step is

Wednesday + Thursday

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Wednesday

Capacity

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☐ Not today

If today goes sideways, my minimum next step is

Friday + Weekend

You do not need a perfect day. You need a next step that fits the capacity you have.

Friday

Capacity

☐ Low ☐ Steady ☐ Spacious

Life already happening

If I move ONE thing forward

Available pocket

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If today goes sideways, my minimum next step is

Weekend

Capacity

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I moved forward on...

Something I maintained...

Something I intentionally let go...

Something that can stay unfinished...

What made progress easier?

What felt heavier than it needed to?

Next week I want to protect

Week 11 · Return to Yourself

One clear week. One calm plan. Start with who you are, not what you owe.

This week I am choosing to show up as

My word / intention for this week

One belief or pressure I am releasing

What would make this week feel successful - even if it is not perfect?

What Is Life Asking of Me?

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Family · children · caring

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Anything unusual, heavy or emotionally demanding this week?

The pockets of time that genuinely belong to me

Capacity Before Consistency

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MY HONEST CAPACITY THIS WEEK

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- ☐ STEADY · I can hold my core priorities
- ☐ SPACIOUS · I genuinely have room for more

What is taking energy before I even begin?

What support would make this week lighter?

One thing I am releasing before I plan

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Needs attention this week

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Delegate / simplify

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My protected focus pocket this week

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Friday + Weekend

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Friday

Capacity

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Week 12 · Return to Yourself

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12-Week Reflection

Freedom grows when you notice what actually worked for you.

What changed in my life, capacity or confidence?

What did I build or move forward?

Which systems genuinely supported me?

What am I proud of that a traditional productivity measure might miss?

Carry Freedom Forward

Keep what made life lighter. Release what asked you to perform.

I want to keep...

I want to change...

I am ready to release...

My next season of freedom looks like...

Build around your life. Protect your peace. Trust your systems.

Ready to go deeper?

The planner helps you live the system.

The Starter Kit helps you build with it.

HER Freedom Income Starter Kit™

Go deeper into RESET, SIMPLIFY, BUILD and GROW with guided lessons, resources and implementation support designed to help you create income around your real life - without building your life around your business.

CONTINUE WITH THE STARTER KIT

Open the Starter Kit sales page ·

You do not need to do more. Keep building what matters.