The Freedom Academy

Lifestreams Workbook

“Resistance is Created Through Lack of Clarity”

CLARIFY YOUR VISION

CLARIFY YOUR ‘WHY’

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This workbook forms part of the Lifestreams Course in the Freedom Academy and is not available separately

Purpose

The purpose of this workbook is to help you create and maintain balance in your life.

You've already been through part of the 'Lifestreams' course and understand the 'four streams of life'. You may also have used the Lifestreams Worksheet to practice monitoring what goes on in those streams

Now you'll start to create a full understanding of each stream and how it applies to you.

This workbook will help you gather your thoughts and identify those things you need to 'let go', if your vision is to be a reality, what you need to stop doing or do less of.

It will also help you to understand where you are now in relation to where you want to be in your life and identify those things you need to start doing or do more of.

Last it helps you make sure you understand what you need to keep doing at the same level to improve your overall life balance.

Throughout the process and in the context of each stream keep in mind

- **your 'longings' – things or feelings you wish for and goals you'd like to move towards**
- **your 'discontents', things and feelings you're not happy with or would like to move away from**
- **your 'contented' areas, things you are happy with as they are**

It will take you some time to work though it and it will take some hard thinking. Don't rush it or try to complete it all in one go.

Spend time on it each day over a period of 5 to 7 days.

You may find on some days your ideas have clarified as your subconscious mind consolidates your thoughts.

Once you start on this exercise let things flow naturally to get the best insights into what you really want.

If you get 'stuck' take a break and - just allow yourself to 'enjoy' the process.

As you go through this workbook and the subsequent process you may notice some repetition. It's deliberate, just like when you did lessons at school. Repetition reinforces.

You'll be asked the same question, or similar questions more than once, that's a prompt to rethink and re-evaluate your 'answers'. Don't just copy what you wrote before, think more deeply about the concept being explored.

Note: If you've received this as an electronic document you should print it and complete the relevant sections **in writing**. It just isn't as effective if you try to do it on screen!

Step 1

Using the Lifestreams Worksheet as a *source of ideas* rather than a template, select **four** 'Sectors' for each stream. At this stage you're just creating 'ideas' for your sectors. It's not 'cast in stone' when you write it here. As you progress, you'll modify and amend what you come up with in the first instance. Read through the whole workbook before you start.

Spend some time now coming up with possible ideas for each sector

Stream 1 SELF All about YOU	S1	
	S2	
	S3	
	S4	

STREAM 2 'NOT YOU' All about everything in the Universe that's not 'You'	O1	
	O2	
	O3	
	O4	

Stream 3 ACTIVITY All about what you 'DO', your 'outputs' what you 'give' to the Universe	G1	
	G2	
	G3	
	G4	

STREAM 4 LIFESTYLE All about what you 'Get', your 'inputs' or income. What you 'have', and what you 'want' in your 'lifestyle'	R1	
	R2	
	R3	
	R4	

Now let your subconscious familiarise with what you've created over the next 12 hours or so. Don't go straight on to Step 2.

Step 2

Now you're going to break down each of the four sectors in each of the four streams into four topics, which can be just one word or one line. You'll end up with 64 topics – four for each of the four sectors in each of the four streams. These are what you're going to focus on as you move towards a coherent flow.

Bear in mind you're going to apply 5 questions to each of these topics: keep doing? stop doing? start doing? do more? do less? Or it may be 'feeling' instead of or as well as 'doing'.

Stream 1 Sector 1	A	
	B	
	C	
	D	

Stream 1 Sector 2	A	
	B	
	C	
	D	

Stream 1 Sector 3	A	
	B	
	C	
	D	

Stream 1 Sector 4	A	
	B	
	C	
	D	

Stream 2 Sector 1	A	
	B	
	C	
	D	

Stream 2 Sector 2	A	
	B	
	C	
	D	

Stream 2 Sector 3	A	
	B	
	C	
	D	

Stream 2 Sector 4	A	
	B	
	C	
	D	

Stream 3 Sector 1	A	
	B	
	C	
	D	

Stream 3 Sector 2	A	
	B	
	C	
	D	

Stream 3 Sector 3	A	
	B	
	C	
	D	

Stream 3 Sector 4	A	
	B	
	C	
	D	

Stream 4 Sector 1	A	
	B	
	C	
	D	

Stream 4 Sector 2	A	
	B	
	C	
	D	

Stream 4 Sector 3	A	
	B	
	C	
	D	

Stream 4 Sector 4	A	
	B	
	C	
	D	

Step 3

Now you have your 64 topics the next thing to do is to apply an indicator to each topic to identify what you want –

X = Stop doing/feeling this
⇨ = Start doing/feeling this
✓ = Carry on doing/feeling this
↓ = Do/feel less of this
↑ = Do/feel more of this

Go back over the tables you've created and mark each topic accordingly.

Step 4

Now take the Livestreams spreadsheet and map on to it your 16 sectors. You can use a general description or your four topics for each sector to remind you when you're scoring your progress. You could use different colours for the result you are looking for – stop, start more, less etc.

Step 5

For this step you'll need some (64) blank cards, business card size, the ones with the rounded corners are best. On each card write with a felt tip pen, one word for each of your topics plus the appropriate symbol. You'll need four coloured pens, orange, blue, red and green to identify the domain the word applies to. For 'Self' use orange, for 'Not Self' blue, for 'Activity' red and for 'Lifestyle' green.

You'll now have four 'packs' of 16 cards each. Every day select one card at random from each. This will be your 'focus' for the day in each Stream so keep the cards where you can see them and look at them occasionally. You don't need to 'do' anything about them, your subconscious will take care of that.

Step 6

Now's the time to begin monitoring your progress using your Lifestreams Worksheet. First change the 90-day column to 30 days. You need to be a bit more precise with this now and 90 days is a bit far away to be able to see the difference.

Depending on circumstances you could, if you wish change this to 14 or even 7 days depending on urgency. Whatever length of time you choose though is the interval at which you need to review the sheet and consider the progress you've made on the five criteria.

Note if you've decided to stop doing something you'll need to replace the topic but hold off for another review period as some of these things have a nasty habit of starting up again. The same applies to things you've started doing because they often stop or fade away quite soon. Once started though, they'll need to be recategorized rather than removed.

Remember this isn't about setting complex goals, just stop, start, do more, do less, carry on. You'll be surprised what a difference this makes.

Should you need further guidance please don't hesitate to contact the Academy by booking a free 20 minute helpline call at BenCoker.as.me/Help

Step 7

Now it's time for your (**optional**) 90 minute coaching session to discuss and validate what you've come up with. This is charged at a one-off price of £134 (discount available)
Book this now at **https://thefreedomacademy.org/4coaach** . You will then be asked to make an appointment for the call which should be within 7 days or less of completing this course.