Kerri O'Shea and Associates Pty Ltd
www.kerrioshea.com
connect@kerrioshea.com

Freedom Balance Sheet

As at [date]

Table:

Liabilities → Go-To Moves	Assets → Freedom Resets
Coffee, overwork, scrolling, overexercising	Walk, music, re-read values
Cost more. Give less.	Give more. Cost less.
Short-term relief, long-term drain.	Immediate reset, lasting return.
Bad Debt: feels good now, costs later.	Good Debt: builds capacity, pays back.
Subscriptions: autopilot drains.	Subscriptions: autopilot value.
Overheads: low-return pulls.	Overheads: high-return supports.
Tangible: quick physical resets.	Intangible: clarity, steadiness, confidence.

Kerri O'Shea and Associates Pty Ltd

www.kerrioshea.com

connect@kerrioshea.com

The Freedom of Freedom

The 3 Steps

1. **Liabilities → Go-To Moves**
   Drain time, focus, freedom.

2. **Assets → Freedom Resets**
   Give back more than they cost.

3. **Intangible Assets**
   Clarity, steadiness, confidence — compounding returns.

The 12-Week Cycle

The system runs in every moment.
Every 12 weeks, pause like a reporting cycle to:

- Record liabilities you've shifted.
- Record assets that grew.
- See freedom compounding into greater capacity.

My Core Values (Board Members)

Write down 3–5 values that matter most when you're at your best.
These are your Board Members — they guide your choices, steady you under pressure, and grow your capacity for freedom.

Prompts: What do I stand for at my best? What steadies me under pressure? What do I want to grow more of?

____

____

____

Director's Declaration
I commit to shifting at least one liability into an asset in this 12-week cycle.

Director:____________________________ Date:________________

This is your system. Print it. Use it. Report on it. Repeat it.
👉 Scan the QR code to explore how The Freedom of Freedom supports your reporting cycles and keeps you accountable to the 3-step system.