



Freedom Ritual

Level: *Foundation to Advanced (all levels).*

Best for: *Anyone wanting to clock off the wage cage.*

Tactics give you power. Rituals give you momentum.

Now that you've got a full playbook of strategy and tactics, it's time to make them stick.

This is where the Freedom Ritual comes in, your weekly five-minute ritual that locks in learning, builds habits, and fuels real, lasting change.

On the next few pages, you'll find a 10-Week Freedom Ritual Tracker. Use it to:

- recalculate your freedom score
- log one financial decision per week
- share wins, lessons, or insights in the FG Community.

This is your rhythm for progress. Your anchor in motion.

Science shows that when you pair a habit with a consistent cue, like playing the same music, lighting a candle, or sitting in the same spot, you strengthen the neural pathways that make that habit automatic. That's why I recommend creating a Freedom Ritual: pour a drink, light something up, hit play on the same playlist. Over time, your brain learns: ah, it's ritual time.

This is how you earn your freedom, one ritual at a time.

Track your weekly progress below.

When this may not be suitable:

- If you're unwilling to commit to regular reflection.

What could go wrong:

- Inconsistency reduces impact.
- Early slow progress may reduce motivation.

Week	Date	Freedom score	Key decision logged	Insight or win shared in FG Community? (Yes/No)	Progress notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Use the tags #FreedomRitual1, #FreedomRitual2, etc. when posting in the FG Community to track your journey.