



Lifestyle Goal - Describe your ideal lifestyle.

What are you not enjoying about your current lifestyle?

What changes do you think need to be made?

Why do you want to make changes?

What impact will these changes have on your life?

Five F's Assessment – Where are you now – Rate yourself out of 1 to 5 with 5 being perfect

How much Freedom does your life give you to do the things you want to do?

How much Flexibility does your current employment give you?

Overall how much Fun do you get out of your current work?

How close to Financial Independence are you?

How would you rate the amount of Family Time you currently have?

Your Five F Goal's – Describe where you want to be

What would you do if you had all the Freedom in the world?

How much Flexibility do you want your income stream to give you?

How much Fun do you want to have at work?

Is reaching Financial Independence important to you?

Describe what your Family Time would look like if you didn't have to work

3 Things that need changing immediately are;

A large, empty rounded rectangular box intended for handwritten notes or answers.



As a coach my goal is to help you achieve your Five F's goals.

Ensure you complete all the documents on the www.thebranteffect.com website to help you set out a strategy for reaching financial independence.

If you need further help then please reach out to me through the website.