

**Thrive in 2025**





# Legacy for 2025

|           | M | T | W | T | F | S | S | M | T | W  | T  | F  | S  | S  | M  | T  | W  | T  | F  | S  | S  | M  | T  | W  | T  | F  | S  | S  | M  | T  |    |    |    |    |    |    |
|-----------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| JANUARY   |   |   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |    |    |
| FEBRUARY  |   |   |   |   |   | 1 | 2 | 3 | 4 | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |    |    |    |
| MARCH     |   |   |   |   |   | 1 | 2 | 3 | 4 | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| APRIL     |   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |    |    |    |    |    |
| MAY       |   |   |   | 1 | 2 | 3 | 4 | 5 | 6 | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |    |
| JUNE      |   |   |   |   |   | 1 | 2 | 3 | 4 | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |    |
| JULY      |   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |    |    |    |
| AUGUST    |   |   |   |   | 1 | 2 | 3 | 4 | 5 | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |
| SEPTEMBER | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |    |    |    |    |    |    |
| OCTOBER   |   |   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |    |    |
| NOVEMBER  |   |   |   |   |   | 1 | 2 | 3 | 4 | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |    |
| DECEMBER  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |    |    |    |    |    |

Version 3.0 Nov 2023

The Ocean

 : 2 Hour Intensive  
4-6pm AEST

 : 4 Hour Intensive  
2-6PM AEST



The image features a dark blue background with a silhouette of a person standing with their arms raised in a gesture of freedom or triumph. The person is positioned in the center, with their arms extending towards the left and right edges of the frame. The background is filled with the faint, darker silhouettes of palm trees, suggesting a tropical or outdoor setting. Overlaid on this scene is the text 'The Freedom by Design System™' in a bold, white, sans-serif font. The text is arranged in two lines, with 'The Freedom by' on the top line and 'Design System™' on the bottom line. The text is slightly tilted upwards to the right, following the general orientation of the person's arms.

**The Freedom by  
Design System™**



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**Vision**



# Quadrant 1



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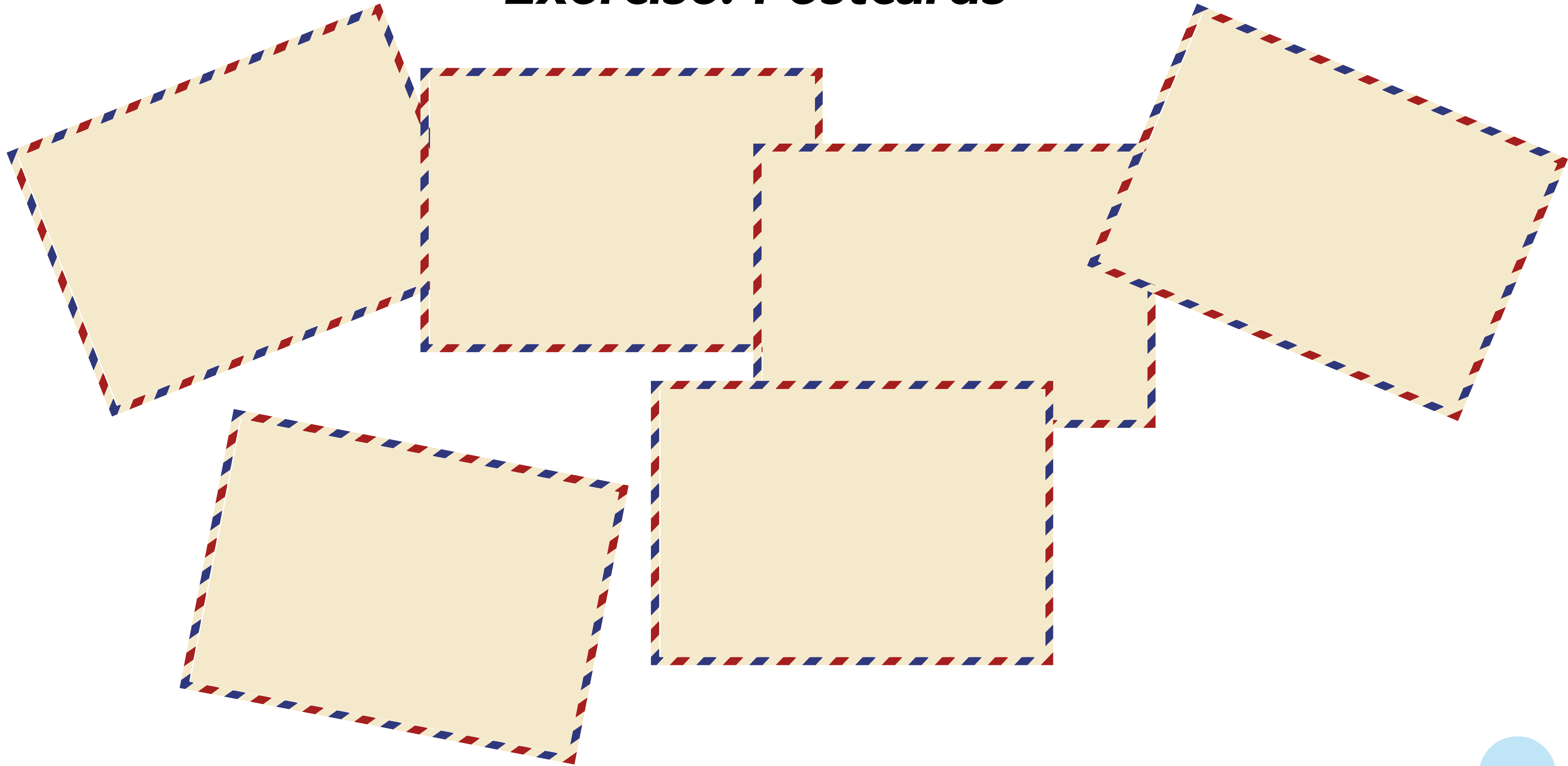
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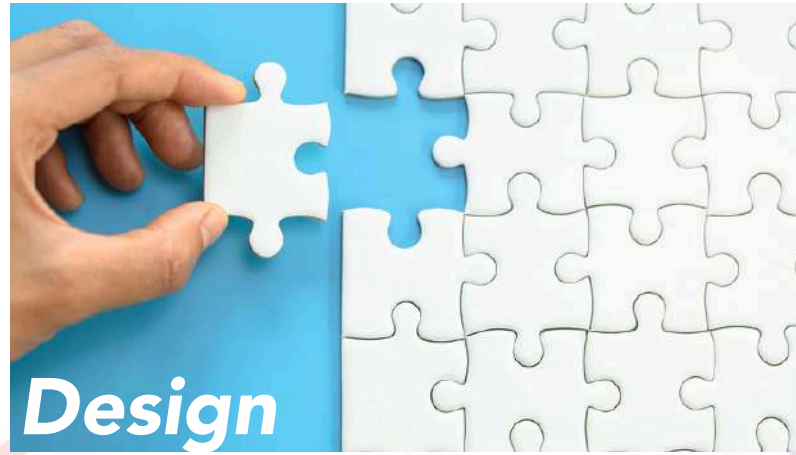
# ***Exercise: Postcards***



***Reflections***

***Implementations***

# Quadrant 2



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# ***Exercise: What's Missing up to now?***

***Family:***

***Spiritual:***

***Manifester:***

***Social:***

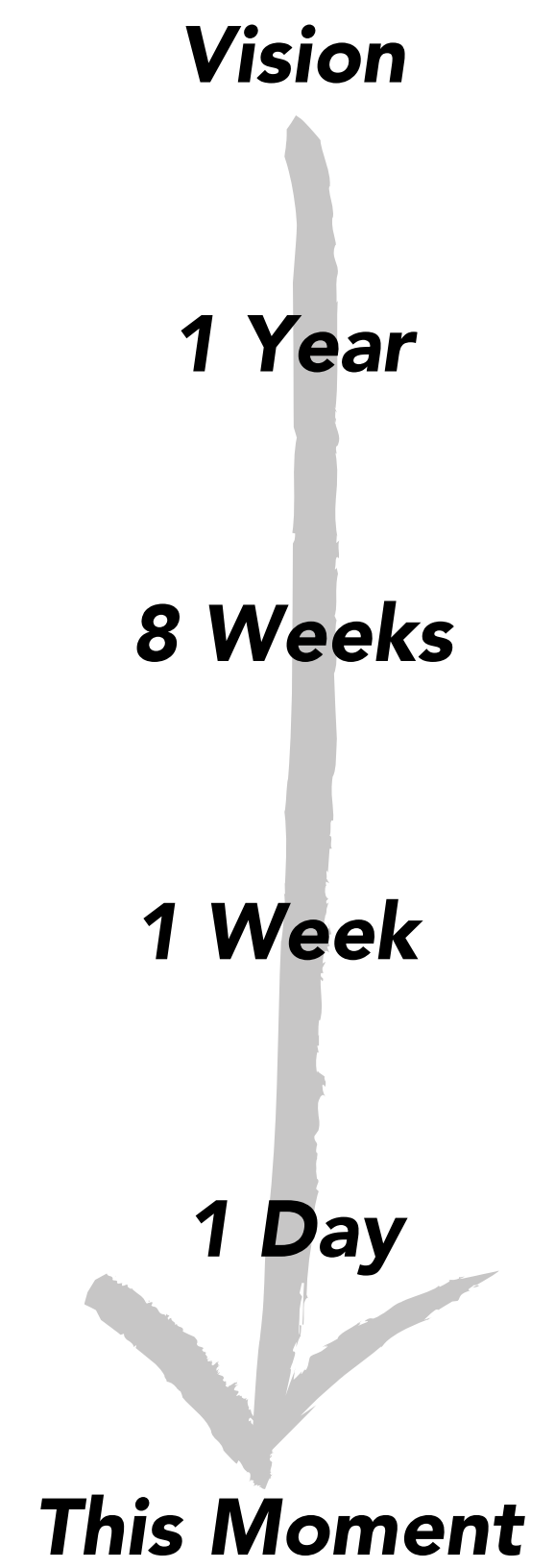
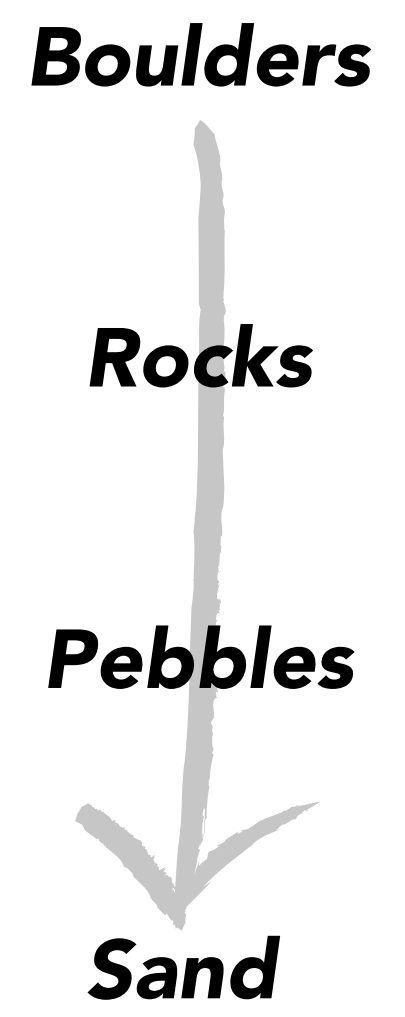
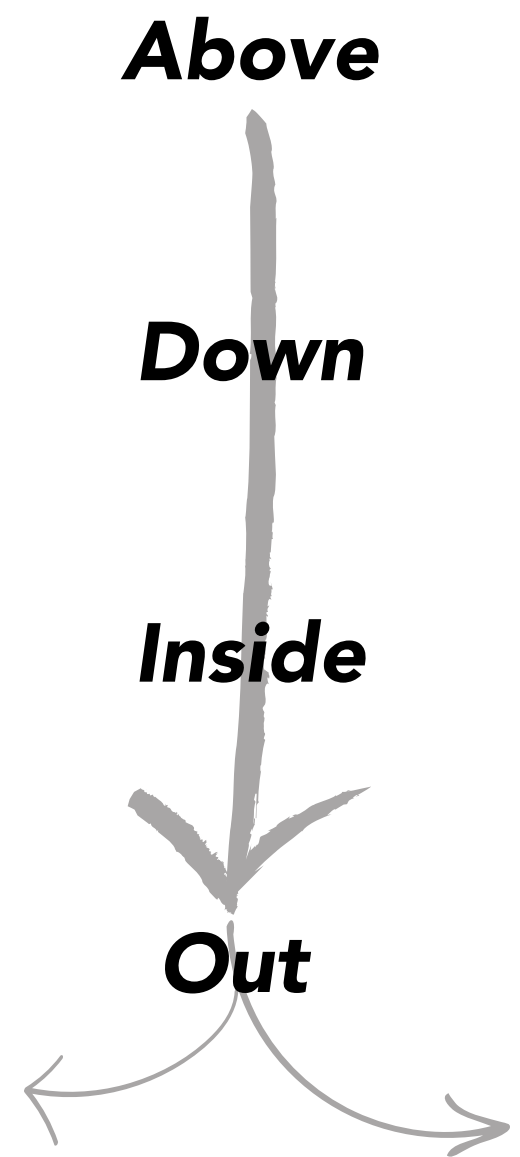
***Mental:***

***Physical:***







***Professional:***

***Way-Shower:***





# Exercise: The Next 12 Months

|   |           |   |
|---|-----------|---|
| <b>Quest Intensives</b>                             | January   |  Q   |
|   | February  |   |
| <b>Breaks every 8 weeks<br/>(1 shift, or 1 day)</b> | March     |  Q   |
|   | April     |   |
|   | May       |  Q   |
| <b>Quest Experiences</b>                            | June      |   |
|   | July      |  Q  |
|   | August    |   |
| <b>Holidays</b>                                     | September |  Q |
|   | October   |   |
| <b>Seminars</b>                                     | November  |  Q |
|   | December  |   |

# Exercise: Default Diary

| DEFAULT DIARY   |        |         |           |          |        |          |        |
|-----------------|--------|---------|-----------|----------|--------|----------|--------|
|                 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 5:00 - 5:30am   |        |         |           |          |        |          |        |
| 5:30 - 6:00am   |        |         |           |          |        |          |        |
| 6:00 - 6:30am   |        |         |           |          |        |          |        |
| 6:30 - 7:00am   |        |         |           |          |        |          |        |
| 7:00 - 7:30am   |        |         |           |          |        |          |        |
| 7:30 - 8:00am   |        |         |           |          |        |          |        |
| 8:00 - 8:30am   |        |         |           |          |        |          |        |
| 8:30 - 9:00am   |        |         |           |          |        |          |        |
| 9:00 - 9:30am   |        |         |           |          |        |          |        |
| 9:30 - 10:00am  |        |         |           |          |        |          |        |
| 10:00 - 10:30am |        |         |           |          |        |          |        |
| 10:30 - 11:00am |        |         |           |          |        |          |        |

**\*Q4: Review, Celebrate, Flow on....**

**[Click Here For The Fillable Sheet](#)**

***Reflections***

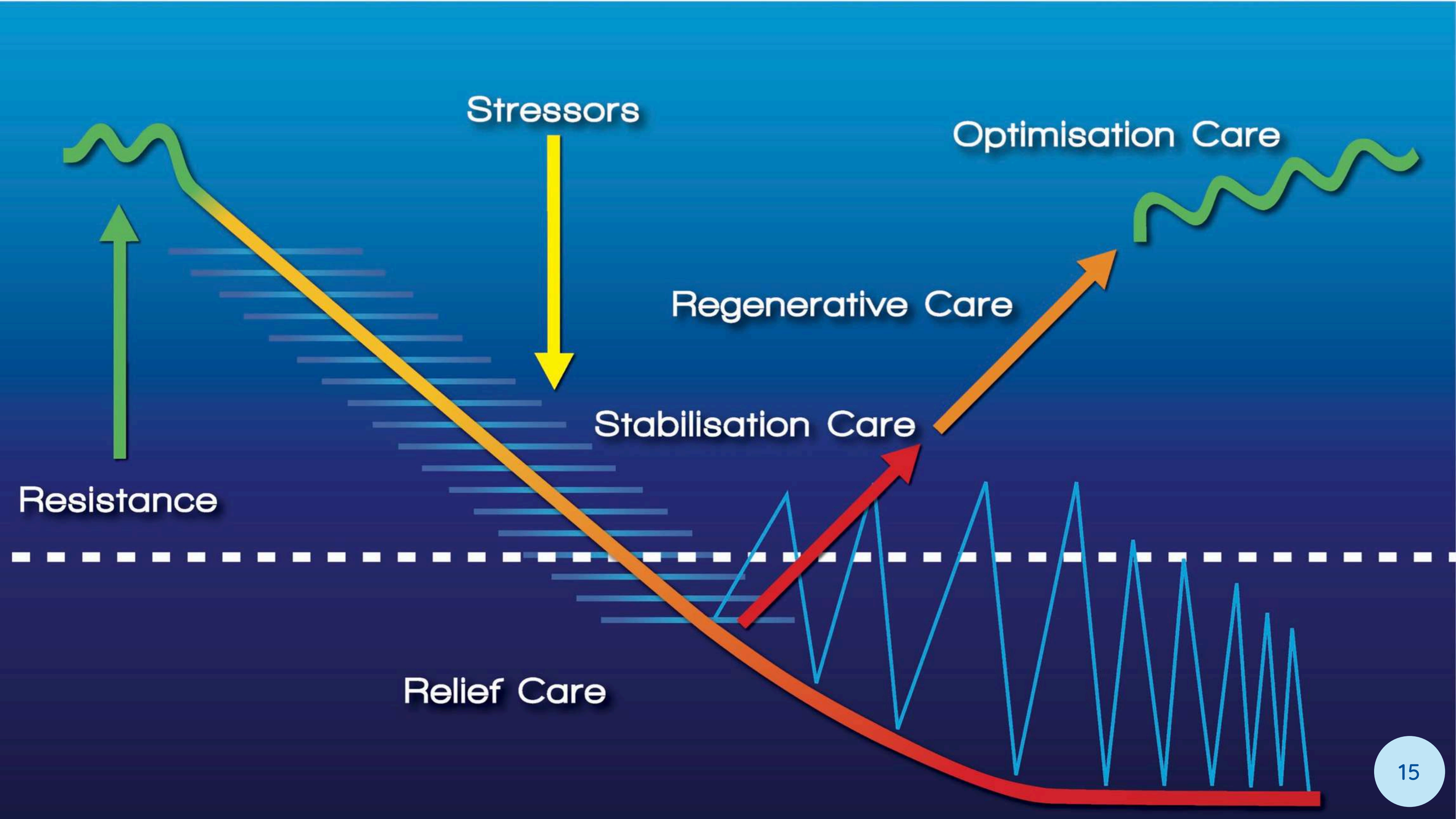
***Implementations***

# Quadrant 3



**Overwhelmed**

A large circular graphic divided into four quadrants by a vertical and a horizontal line. The quadrants are colored: top-left is pink, top-right is purple, bottom-left is blue, and bottom-right is green. The graphic is overlaid on a grid of horizontal dotted lines for writing.



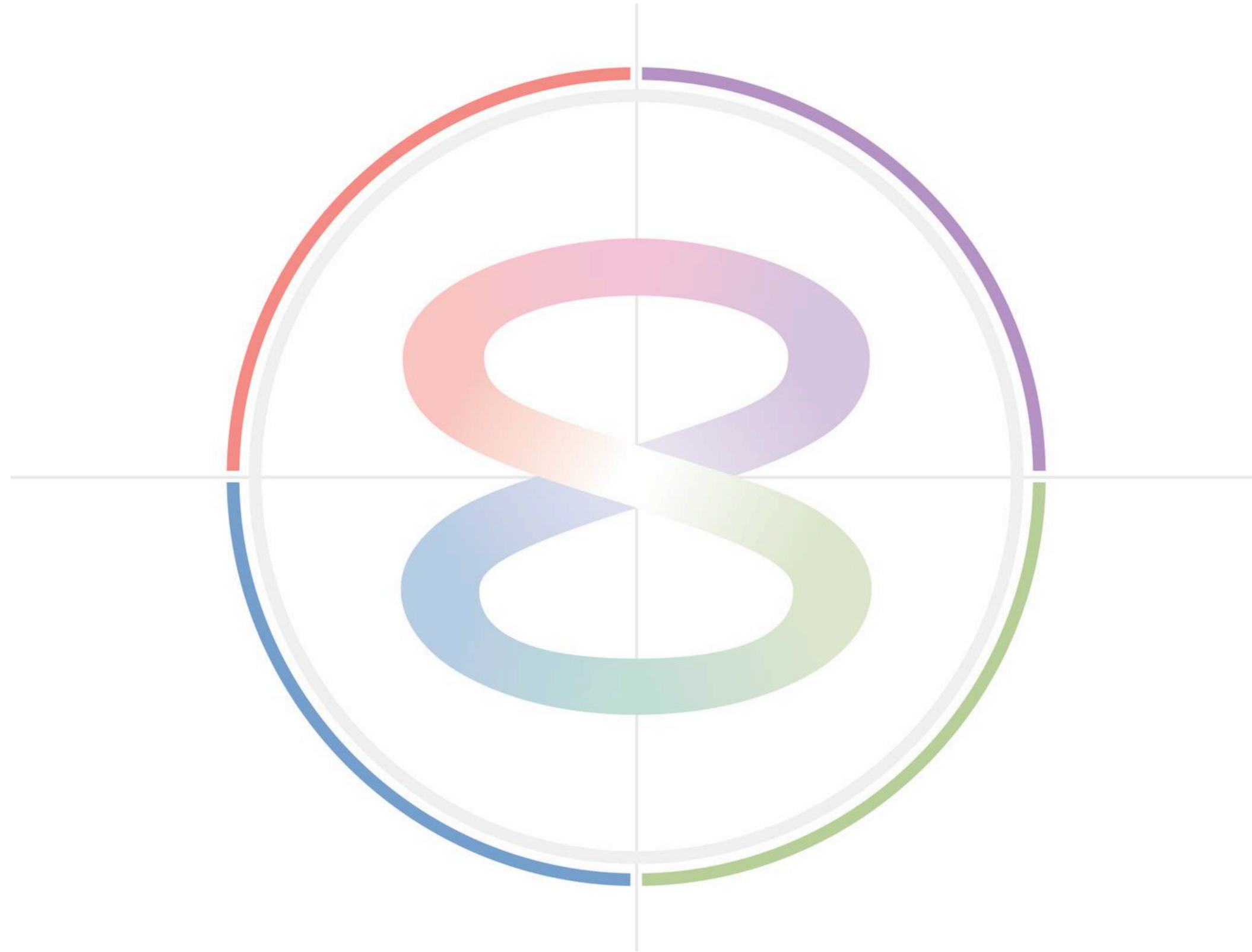
# Exercise: Freeing up Freedom...

4. **What Freedom did I gain?**

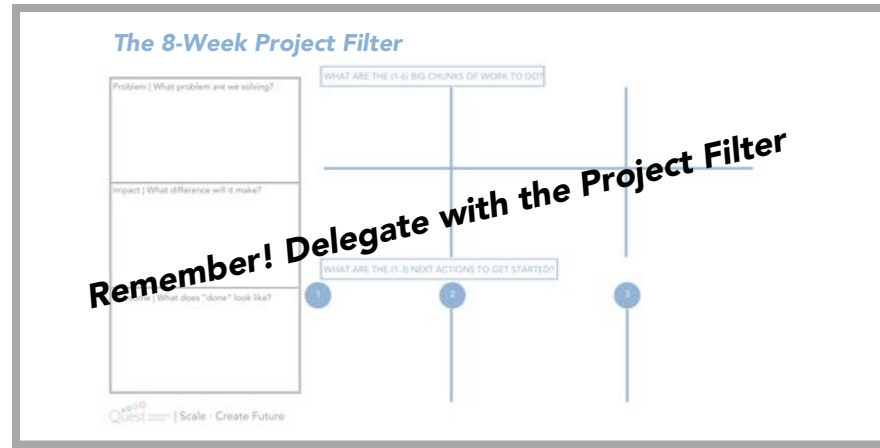
1. **Values**

2. **What Happened?  
How did it rob me of Freedom?**

3. **Gratitude**







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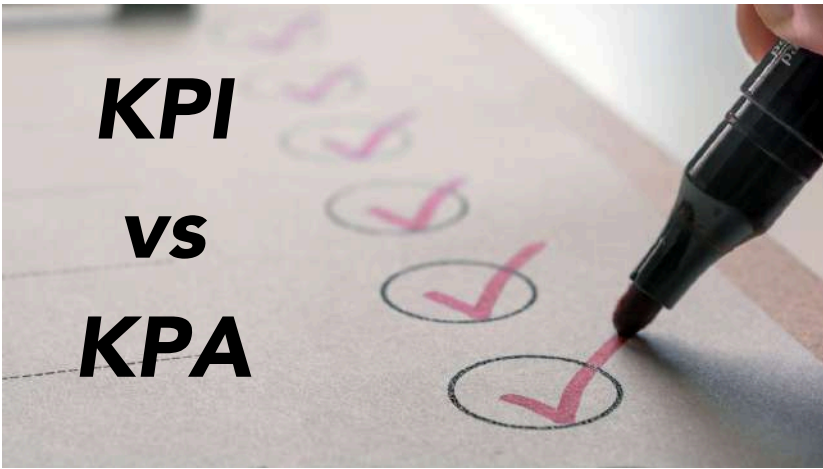
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**Training in The Ocean**

***Reflections***

***Implementations***

# Quadrant 4



A large, faint watermark logo is centered on the page, featuring a stylized 'S' or '8' shape with a vertical line through it, surrounded by concentric circles in shades of red, purple, blue, and green. Below the logo, there are ten horizontal dotted lines for writing notes.



***Reflections***

***Implementations***



# 8 Week Navigation

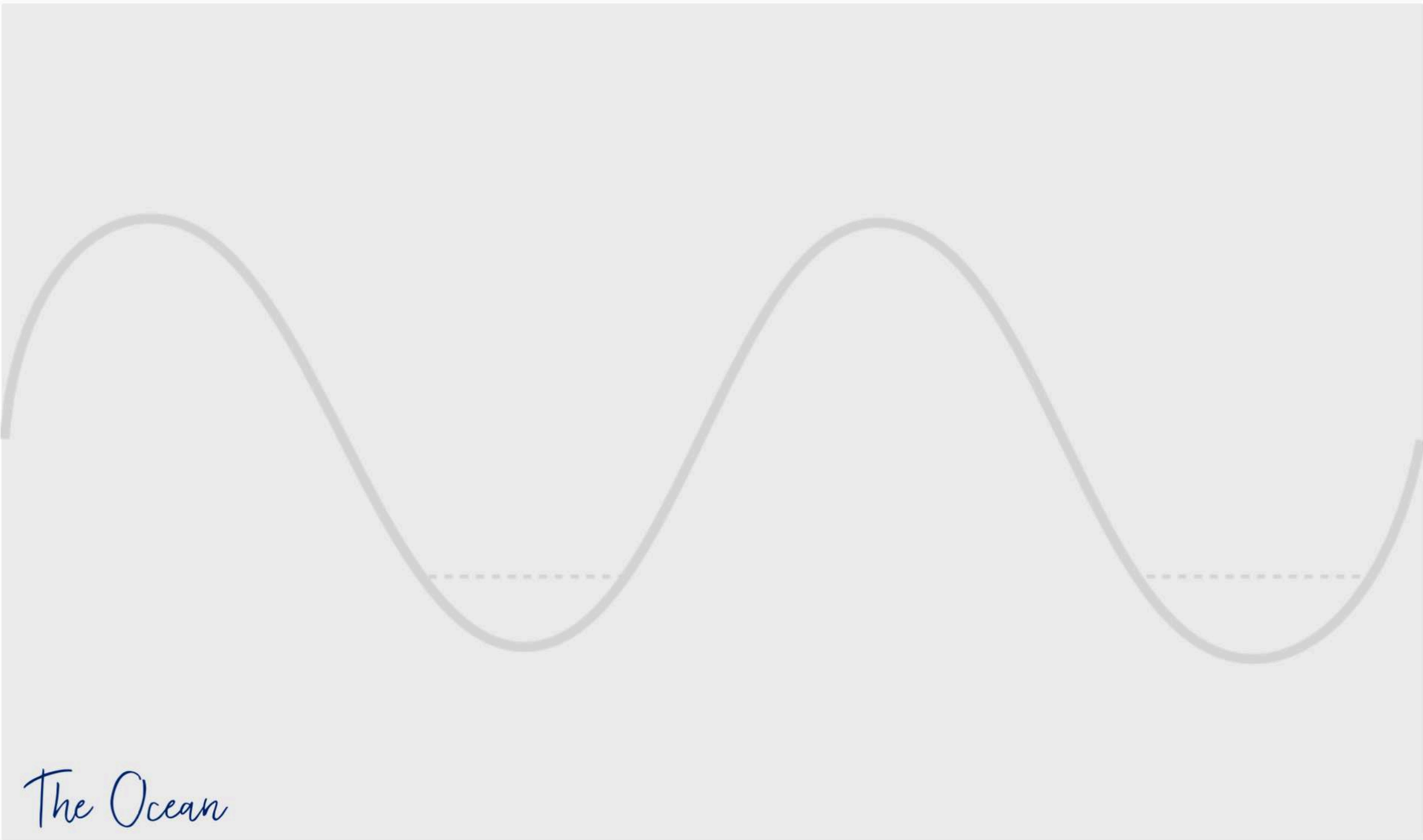
# Where To?

**Our Practice Vision**

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**Our Objectives for  
these next 12 months**

# CYCLES OF DEVELOPMENT







# Reflections on Last 8 weeks

*The Ocean*

| Past   | Present   | Future  |
|--|---|---|
| <p>What are you most proud of?</p> <p>Wins                      Why</p> <p style="text-align: center;"> </p> | <p>What are you most confident about?</p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> | <p>What are you most excited about?</p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> |
| <p>What's worked and hasn't worked?</p>  | <p>3 Wins</p>   | <p>3 Lessons</p>  |

# WHAT'S CURRENTLY HAPPENING?

Picture of Your Storyboard

**Brain Dump Here -**

## WHAT DID WE PLAN TO GET DONE?

Your previous 8 week leg compass

**Revenue for last month**

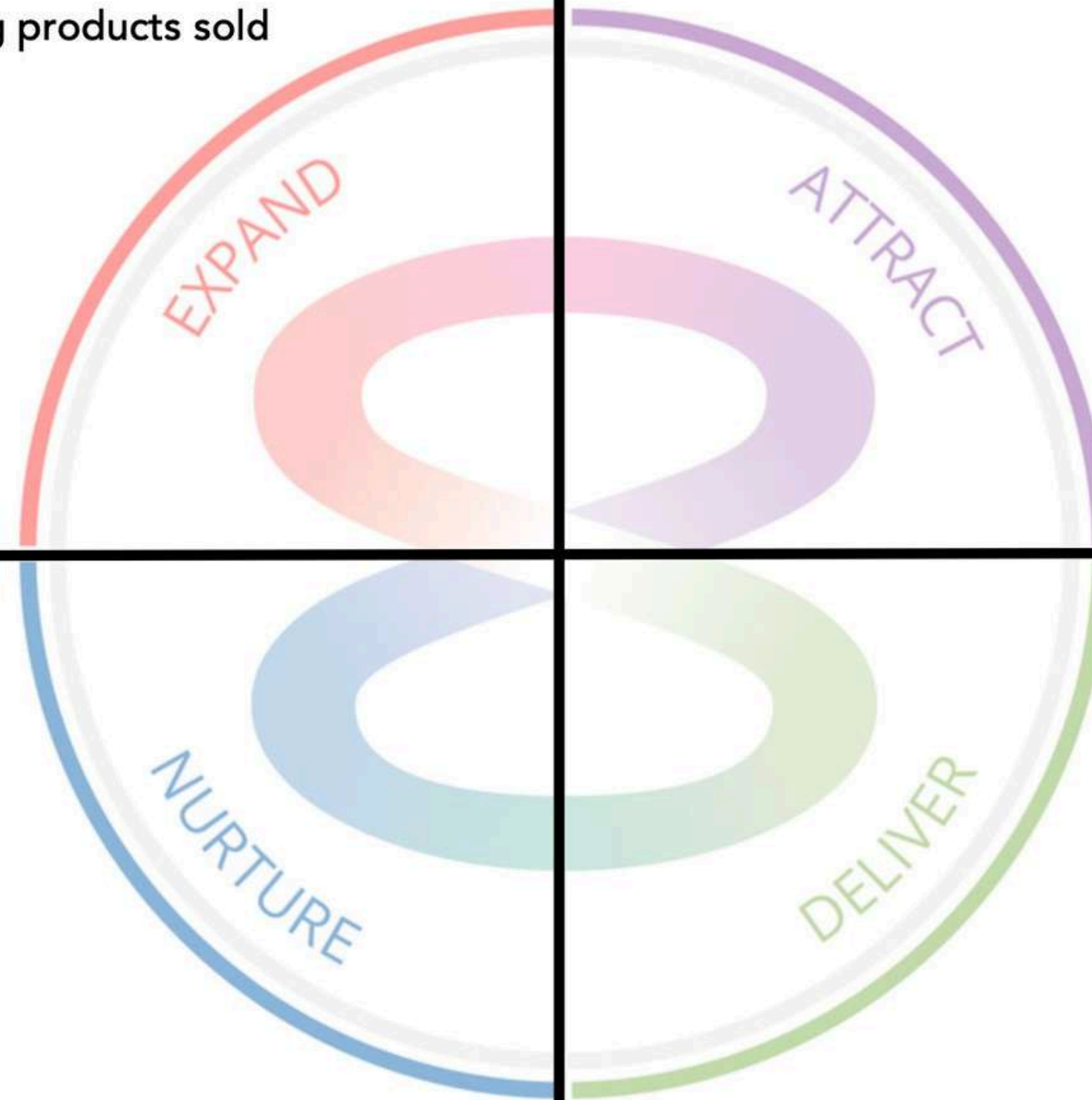
Total amount of money collected including products sold

**New People (ROF visits) for last month**

A new person is someone who starts care, easiest measured as number of Report of Findings visits (ROF)

**PVA (6 months rolling average)**

**Total visits for last month**  
All visits including initial consults



| PV /Month | Income /Month | Income /Year | ATTRACT  | NURTURE  | DELIVER  | EXPAND  |
|-----------|---------------|--------------|--|--|--|---|
| 1500      | 87,000        | \$1 mil +    | <ul style="list-style-type: none"> <li>Curiosity</li> <li>The Next Iteration</li> <li>Collaborative partnerships</li> </ul>              | <ul style="list-style-type: none"> <li>Operations Manager</li> <li>Publish</li> <li>Scientific Contribution</li> </ul>                 | <ul style="list-style-type: none"> <li>Optimisation of Resources</li> <li>Clinical Contribution to Profession</li> <li>Wayshower Governance</li> </ul> | <ul style="list-style-type: none"> <li>Political Influence</li> <li>Growing Legacy</li> <li>Equity Sell-Offs</li> </ul>       |
| 1300      | 75,400        | \$900k       | <ul style="list-style-type: none"> <li>Completion</li> <li>Generative Sessions</li> <li>Patterns</li> </ul>                              | <ul style="list-style-type: none"> <li>Impact on Profession</li> <li>Playing the Long Game</li> <li>Board of Directors</li> </ul>      | <ul style="list-style-type: none"> <li>Branded by Technique</li> <li>Chiropractic Finishing School</li> <li>Internal Mentoring</li> </ul>              | <ul style="list-style-type: none"> <li>Multiple Income Streams</li> <li>Comperation</li> <li>Business Model 301</li> </ul>    |
| 1100      | 63,800        | \$760k       | <ul style="list-style-type: none"> <li>Community</li> <li>Congruence</li> <li>Events Driven Practice</li> </ul>                          | <ul style="list-style-type: none"> <li>Profitability</li> <li>Team Empowerment</li> <li>in8model - Associates</li> </ul>               | <ul style="list-style-type: none"> <li>Team ascension</li> <li>Executive Assistant</li> <li>Personal Care - 301</li> </ul>                             | <ul style="list-style-type: none"> <li>Public Speaking</li> <li>Financial Contribution</li> <li>Reoccurring Income</li> </ul> |
| 900       | 52,200        | \$625K       | <ul style="list-style-type: none"> <li>Redesign</li> <li>PM Ascension</li> <li>Attracting Associates</li> </ul>                          | <ul style="list-style-type: none"> <li>Practice Layout</li> <li>Associate Driven Practice</li> <li>OPM - Expand</li> </ul>             | <ul style="list-style-type: none"> <li>Transferable Protocols</li> <li>Contact hours/% of income</li> <li>Personal Care - 201</li> </ul>               | <ul style="list-style-type: none"> <li>Free Up A Day</li> <li>Investment Strategies</li> <li>Seeding Practices</li> </ul>     |
| 700       | 40,600        | \$490k       | <ul style="list-style-type: none"> <li>Communication 201</li> <li>Cultivating Chiropractors</li> <li>Team Centred Mission</li> </ul>     | <ul style="list-style-type: none"> <li>Debt Reduction</li> <li>Operational Cascade</li> <li>OPM - Deliver</li> </ul>                   | <ul style="list-style-type: none"> <li>Time &amp; Motion</li> <li>Meetings the Matter</li> <li>Tech CA</li> </ul>                                      | <ul style="list-style-type: none"> <li>Statistics</li> <li>Wealth Building</li> <li>Business Model 201</li> </ul>             |
| 500       | 29,000        | \$350k       | <ul style="list-style-type: none"> <li>Physical Marketing</li> <li>Culture</li> <li>Client Centred Mission</li> </ul>                    | <ul style="list-style-type: none"> <li>3rd Phase - Optimisation Care</li> <li>in8model - Business</li> <li>OPM - Nurture</li> </ul>    | <ul style="list-style-type: none"> <li>Educational Plan</li> <li>Internal Referrals</li> <li>Personal Care 101</li> </ul>                              | <ul style="list-style-type: none"> <li>Default Diary</li> <li>Holidays</li> <li>Congruence</li> </ul>                         |
| 300       | 17,400        | \$210k       | <ul style="list-style-type: none"> <li>Annual Marketing Plan</li> <li>The Journey - QPFLTC</li> <li>Automated Lead Generation</li> </ul> | <ul style="list-style-type: none"> <li>2nd phase - Regenerative Care</li> <li>Storyboards</li> <li>OPM - Attract</li> </ul>            | <ul style="list-style-type: none"> <li>Clinical Clarity</li> <li>State Control</li> <li>Communication - 101</li> </ul>                                 | <ul style="list-style-type: none"> <li>The Super CA</li> <li>Management</li> <li>Business Model 101</li> </ul>                |
| 200       | 11,600        | \$140k       | <ul style="list-style-type: none"> <li>Purpose, Outcomes</li> <li>Bay 5 - Mission</li> <li>Bay 1 - Beliefs</li> </ul>                    | <ul style="list-style-type: none"> <li>1st Phase - Stabilisation Care</li> <li>Bay 6 - Strategy</li> <li>Bay 2 Organisation</li> </ul> | <ul style="list-style-type: none"> <li>Visits 1&amp;2</li> <li>Bay 7 - Design</li> <li>Bay 3 - Engagement</li> </ul>                                   | <ul style="list-style-type: none"> <li>Money</li> <li>Bay 8 Leverage</li> <li>Bay 4 - Empowerment</li> </ul>                  |

\* Based on per visit of 58

# The Impact Planner



*The Ocean*

# 8 Week Leg Compass

[Fill in the Fillable PDF 8 Week Leg Compass](#)

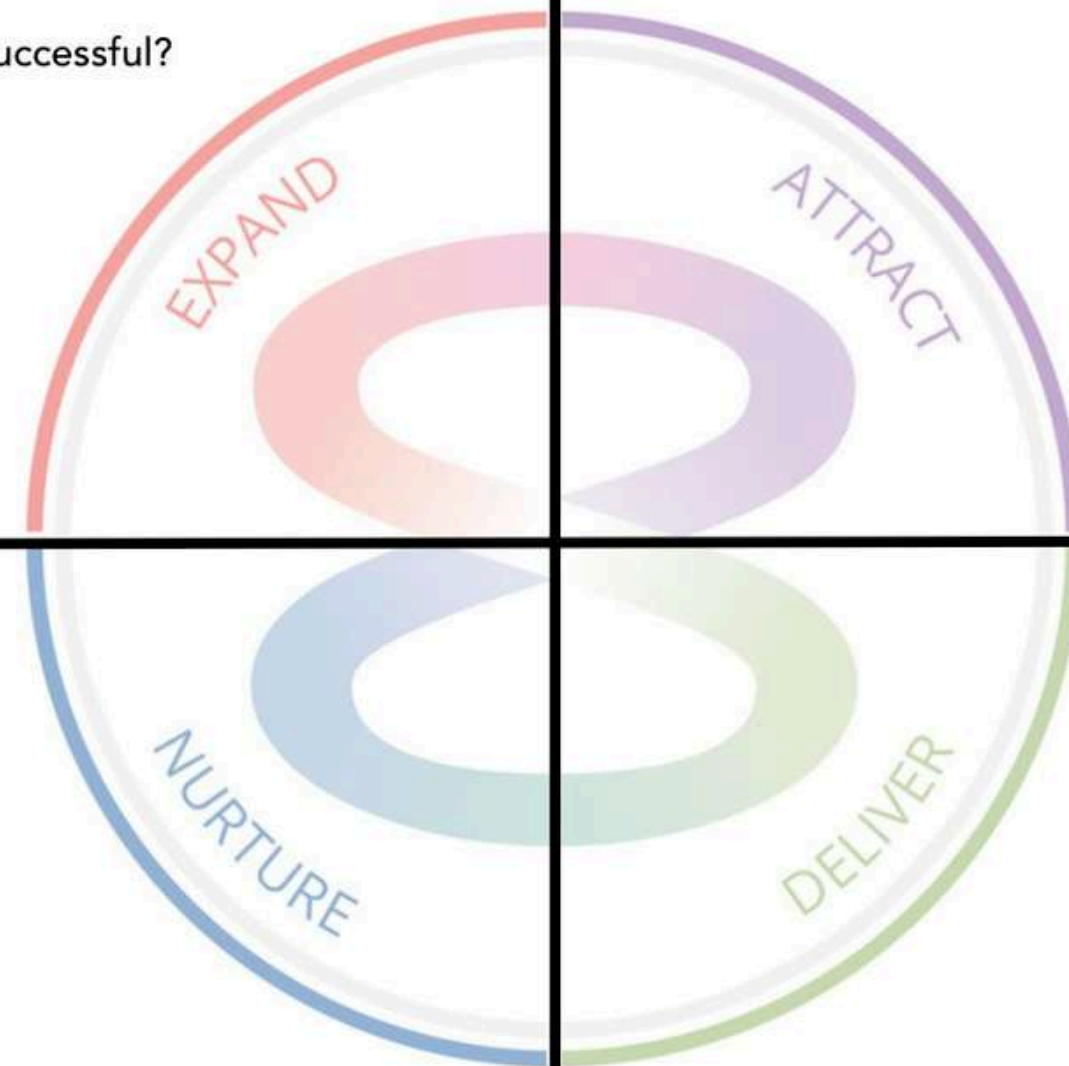
Please complete this and send it to us by [clicking here.](#)



# 8 Week Leg Compass Until:

|                     |  |
|---------------------|--|
| Our Practice Vision |  |
| 12 Months Goals     |  |

|   |  |
|---|--|
| <p><b>Measure of Success</b><br/>What will you measure to know that you are successful?</p>                   | <p><b>Focussed Intention</b><br/>What's our focus for this 8 Week?</p> |
| <p><b>Impact &amp; Effect</b><br/>Why is what we do so important?<br/>What effect does it have on people?</p> | <p><b>Behaviour</b><br/>How will you show up?</p>                      |
| Consequence   | Reward   |



[Please complete this and send it to us by clicking here](#)

# PROJECT FILTER

|  |
|--|
| Problem   What problem are we solving? |
| Impact   What difference will it make? |
| Outcome   What does "done" look like?  |

WHAT ARE THE (1-6) BIG CHUNKS OF WORK TO DO?

WHAT ARE THE (1-3) NEXT ACTIONS TO GET STARTED?

1

2

3

***Reflections***

***Implementations***

**Thrive in 2025**

