

7 UNIFIED PERSONAL & WORK LIVES



The Seventh Achievement From **Path Of The Freelancer** by Jason Scott Montoya

THE FOUR CHECKPOINTS

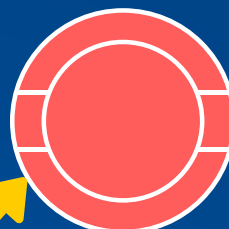
1 RESPONSIVE PERSONAL BUDGET



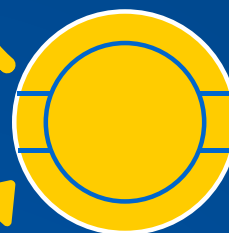
With **Inconsistent Income**, We Need To **Adapt On The Fly**.



Check The **Pulse Of Our Income** And **Adjust Our Spending**.



Survivor's Budget Enough To Pay The **Minimum Bills**.



In-Between Budget Enough To **Pay Bills, & Save A Little**.



Achiever's Budget Enough To **Pay Bills, Save, & Enjoy Life**.

2 WE BRING FAMILY (OR CLOSE FRIENDS) ALONG

Whether It's Our Spouse, Parents, Or Kids, We'll **Bring Those Affected** By Our Freelancing **Along**.



Share Freelancing Wins & Losses.

Communicate The Progression & Regression.

3 ACTIVE RHYTHMS OF REST & RELEASE



Take **Daily, Weekly, Monthly, & Annual Breaks** From Work.



Take Time To **Ramp Up Our Activities** And **Close Down** Our work.

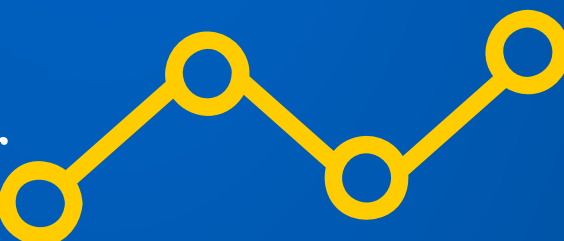
4 LIVE A HEALTHIER LIFE

Take Simple Small Steps Towards Healthier Living.



Drink More Water
Drink Many Teas

Walk Daily
Run Every Few Days



Journal Our Thoughts, Dreams, & Goals



Pray, Meditate, Play Games, & Do Brain Exercises