

Financial Freedom Score - Free Edition (Companion Guide)

A simple guide to help you understand your financial freedom score and what it means for you.

1. Understanding Your Score

After completing the Financial Freedom Score workbook, you will see your overall score along with your three pillar scores.

This number is not a judgment.

It is a simple snapshot of where you are today with money - what feels strong, what feels stable, and what might benefit from more attention.

2. Your Stage of Financial Freedom

In the workbook, your score places you into one of four stages of financial freedom.

Each stage reflects your overall level of clarity, confidence, and stability around money.

Your stage gives you a broad sense of where you currently stand and what type of progress might feel meaningful next.

3. Understanding the Three Pillars

Your results are built from three core pillars that together influence your financial freedom:

Strength

This reflects how consistently your money habits support you — such as saving regularly, managing income, or building small reserves.

Safety

This pillar relates to how prepared you feel for life's expected and unexpected costs, and how comfortably you can navigate financial bumps.

Freedom

This reflects your sense of clarity, ease, and control around your day-to-day spending, longer-term direction, and overall relationship with money.

4. What Your Results Mean

Your score is a starting point. It highlights where things are working well and where you may want to build more confidence or improve your habits.

There is no perfect number - only awareness, which helps you make small, meaningful steps toward a more confident financial future.

5. Small Steps You Can Take Next

Here are simple, low-pressure ideas that can help strengthen your financial foundation:

- Start small and stay consistent
- Notice one money habit you can simplify
- Add a little more awareness to your monthly spending
- Reflect on what financial freedom means to you personally
- Celebrate every small win
- Avoid all-or-nothing thinking. Progress builds over time.

6. About This Tool

The Financial Freedom Score (Free Edition) is designed to give you quick insight into your current financial landscape.

It focuses on clarity and awareness rather than detailed analysis.

Nothing here is personalised advice - it is a friendly starting point to help you understand yourself better.

7. For a Deeper, More Personalised Insight

If you want a more detailed breakdown, personalised next steps, or a deeper understanding of the three pillars, the Premium Edition of the Financial Freedom Score will offer a full multi-section analysis, expanded question set, and tailored guidance. Coming soon on MyFinancialFreedom.life.

8. Thank You

Thank you for taking the time to explore your financial freedom. Awareness is the first meaningful step. And you've already taken it!