

PERSONAL FREEDOM SCORECARD

YOUR STARTING POINT

Think for yourself. Choose your direction.

Individual freedom starts with examining what you believe—and grows when your choices and daily life reflect it. Rate what is true of you over the last 30 days.

Name: _____ Date: _____

Rate every statement: 0 not at all · 1 barely · 2 a little · 3 somewhat · 4 mostly · 5 strongly true. Circle or write a whole number; answer all 20.

01 Think independently

01 I can name a belief I have examined instead of simply accepting it. _____ / 5

02 I can explain why I believe something using reasons, not just who said it. _____ / 5

03 I look for the strongest argument against a view I hold. _____ / 5

04 I am willing to change my mind when reliable evidence points elsewhere. _____ / 5

05 I can respectfully hold a view that people around me do not share. _____ / 5

CATEGORY TOTAL _____ / 25

02 Evaluate information

06 I check the original source before sharing an important claim. _____ / 5

07 I compare credible sources with different perspectives. _____ / 5

08 I distinguish verified facts from opinions, predictions, and assumptions. _____ / 5

09 I pause when a headline or post makes me angry or afraid. _____ / 5

10 I say “I do not know yet” when I have not checked enough evidence. _____ / 5

CATEGORY TOTAL _____ / 25

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YOUR DAILY FREEDOM

Put your independence into practice.

Freedom is not only what you think. It also shows up in what you choose, what you allow, and how you spend your time. Use the same 0–5 scale.

03 Own your choices

- 11 I can explain how my important decisions reflect my values. ___ / 5
- 12 I notice when fear of disapproval is driving a decision. ___ / 5
- 13 I set a respectful boundary when a request conflicts with my priorities. ___ / 5
- 14 I can disagree without insulting, withdrawing, or trying to control others. ___ / 5
- 15 I take responsibility for choices I can change instead of blaming others. ___ / 5

CATEGORY TOTAL _____ / 25

04 Direct your time

- 16 I choose my weekly priorities before other demands fill my schedule. ___ / 5
- 17 I protect regular time for meaningful work, relationships, or rest. ___ / 5
- 18 I limit news or social media when it takes time from my priorities. ___ / 5
- 19 I keep one small daily habit that supports the life I want. ___ / 5
- 20 I review my commitments and adjust those that no longer fit. ___ / 5

CATEGORY TOTAL _____ / 25

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YOUR RESULT

Find your next opportunity.

Add your four category totals. Your total is a self-rated score out of 100, not a percentage of how free you are and not a measure of your worth.

Think independently _____ / 25

Evaluate information _____ / 25

Own your choices _____ / 25

Direct your time _____ / 25

MY PERSONAL FREEDOM SCORE _____ / 100

0-24 | Start exploring

Choose one belief or commitment to examine. Curiosity is a useful first step.

25-49 | Build your independence

You are noticing where outside pressure leads you. Practice one repeatable boundary or research habit.

50-74 | Strengthen your freedom

You have useful habits in place. Focus on your lowest category instead of trying to change everything.

75-100 | Lead with intention

Keep checking your assumptions, protecting your priorities, and making room to learn from others.

My lowest category: _____ Score: _____ / 25

If categories tie, choose the one that would make the biggest difference this month.

This is a reflection worksheet, not a validated assessment. A different opinion is not automatically a better one; thoughtful evidence and respectful independence matter.

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YOUR 30-DAY PLAN

Make one change you can keep.

Choose your lowest category, pick a small step, and track what you do. Progress means better habits—not winning arguments or getting a perfect score.

Think independently

Choose one belief. Write what you believe, why, the strongest opposing argument, and what evidence would change your mind.

Evaluate information

Before sharing one important claim each week, check the original source and compare another credible source.

Own your choices

Choose one recurring commitment. Set or renegotiate a respectful boundary that protects a real priority.

Direct your time

Protect a 20-minute block three days a week for one meaningful priority; remove one avoidable interruption.

My focus category:

The specific habit I will practice:

When and where I will do it:

How I will know I followed through:

WEEKLY CHECK-IN

Week 1 • Days practiced: ____ What helped / what I will adjust:

Week 2 • Days practiced: ____ What helped / what I will adjust:

Week 3 • Days practiced: ____ What helped / what I will adjust:

Week 4 • Days practiced: ____ What helped / what I will adjust:

Retake date: _____ **Before:** ____ / 100 **After:** ____ / 100

Keep exploring: take the Freedom Audit at michaellavrenz.com/freedom-audit or read Michael's articles at michaellavrenz.com/blog.