

WHAT'S YOUR NURSE FREEDOM NUMBER?

A free mini-workbook to discover how much additional monthly income could begin creating more choices in your career and life.

MORE BREATHING ROOM • MORE FLEXIBILITY • MORE OPTIONS

You don't have to leave nursing to want another financial option.

What Is a Freedom Number?

Your Freedom Number is the amount of additional monthly income that could create a meaningful change for you. It is not necessarily your full salary—and it does not have to mean leaving healthcare.

Maybe it means one less shift. No more overtime. Paying down a credit card. Building an emergency fund. Having more margin for your family. Or simply knowing your paycheck is not your only option.

If money weren't the deciding factor, what would I change first?

Why would that change matter to me?

Freedom isn't always quitting. Sometimes it's simply having the ability to choose.

Calculate Your Freedom Number

Start with the amount that would create breathing room—not the biggest number you can imagine.

STEP	QUESTION	MY NUMBER
1	What monthly expense would I love to cover outside my paycheck?	\$ _____
2	What would one less shift per month cost me?	\$ _____
3	What would one less shift per week cost me?	\$ _____
4	How much monthly income would feel meaningfully different?	\$ _____

MY FREEDOM NUMBER

\$ _____ / month

If I created this amount consistently, I would use it to:

What Are You Trying to Buy Back?

Money is the number. Freedom is what the number represents.

MONTHLY INCOME	WHAT COULD IT CHANGE FOR ME?
\$1,000	
\$2,000	
\$3,000	
\$5,000	

The first thing I want to buy back is:

What would having another income option allow me to say YES to?

Your Next Step

Now you have a number. The next question isn't, "How do I magically make that amount?" It's: "What income model fits my goals, available time, skills, and tolerance for risk?"

1. Protect your current foundation

Don't make major employment or financial decisions based on projected side income. Build evidence first.

2. Decide how much time you can realistically give

Choose a sustainable weekly amount. Three to five focused hours can be more useful than an unrealistic 20-hour plan.

3. Explore different income models

PRN work, consulting, freelancing, digital products, education, affiliate/direct sales, and service businesses all have different tradeoffs.

4. Track actions and actual results

Revenue, profit, expenses, time invested, and consistency matter more than hype.

READY TO GO DEEPER?

The Nurse Freedom Blueprint takes this number and turns it into a 90-day plan—including your income gap, skills inventory, 5-hour week, income-model comparison, action plan, and trackers.

ADD YOUR \$27 NURSE FREEDOM BLUEPRINT LINK HERE

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