THE SALARSNET FREEDOM COLLECTION

Freedom in Everyday Life

CHOICE. CAPABILITY. ROOM TO LIVE.

Free sample: start with one dependency

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Start with one friction

You do not need to redesign your life to use this workbook. Choose a recurring difficulty: an expense you cannot explain, an account you could not recover, a device with no practical substitute, or a demand on your time that nobody has discussed. Work on something you can influence and finish a small change before expanding the scope.

Set aside ten to twenty minutes when useful. Stop at a clear next step if the task needs more time. Skip exercises that do not fit your circumstances. If you share a household, invite the people affected by a change to help decide it. Their time, access needs, and preferences belong in the decision.

This is a place for descriptions and plans. **Do not write passwords, recovery codes, account numbers, security answers, private keys, or other credentials here.** Record where recovery instructions are kept, without copying their contents. Keep completed pages private: even an inventory can reveal sensitive details.

The examples below are hypothetical. They illustrate a decision process and do not describe reported households or guaranteed results.

One recurring friction I want to reduce

What would be different if this improved?

Time, money, access, care or other constraints I need to respect

1. Find the dependencies that matter

Begin with a task you need to accomplish, such as communicating with family, paying a bill, getting into your home, preserving important work, or traveling to an appointment. List the services, devices, people, and permissions the task requires. Work backward from the task rather than trying to inventory everything you own.

For each dependency, ask what happens if it is unavailable for a day, a week, or permanently. Distinguish inconvenience from lost income, loss of access, and a threat to essential care. Do not deliberately interrupt safety or medical systems to find out.

Worked example: a shared calendar

Imagine a household whose appointments live in one person's account. Everyone can see the calendar on a phone, but only that person knows how invitations are shared. A lost phone might be a minor interruption if another signed-in device and recovery method are available. An inaccessible account plus an undocumented sharing arrangement would be a different problem.

The useful first step might be to document who owns the calendar, confirm that another adult can find upcoming appointments, and keep a short offline list for the coming week. Buying a second calendar service would not necessarily solve the ownership problem.

Your inventory

Complete one row for each of three important tasks. Use names or categories that make sense to you; omit sensitive identifiers.

Task	What it depends on	Consequence of loss	Available alternative	Next check
First task				
Second task				
Third task				

The dependency with the most serious consequence and the weakest alternative

A small improvement I could complete this week

Completion check: You can explain the chosen dependency, its consequence, and a possible alternative in three plain sentences. “Use a different app” is incomplete until you know what data, access, money, or training the change would require.

Continue when it is useful

This sample includes the opening exercise and dependency inventory from the workbook. The full collection includes all 47 essays in PDF and EPUB, the complete printable workbook, and a 30-day plan. The essays also remain free online. Explore the collection at salars.net/survival/freedom.