

MINDFUL FIRE

CRAFT A LIFE YOU LOVE & MAKE WORK OPTIONAL
USING MINDFULNESS, ENVISIONING & FINANCIAL INDEPENDENCE



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WELCOME TO MINDFUL FIRE

I'm Adam Coelho, host of [The Mindful FIRE Podcast](#)

Financial independence is a life changing concept. Like so many, when I discovered FI and realized I can create the life I dream of by optimizing my finances, I went all in.

I was laser focused on reaching FI as fast as possible - thinking it "If only I can reach FI then I everything will be great and I'll be happy".

So many people I meet on the path to FI are living some version of this "if only" mindset and sacrificing their life now for some hypothetical future.

Worse, most people don't even have a clear vision of what they want their life to look like now or after reaching FI. This makes them vulnerable to post-FI boredom, loneliness and even depression.

Mindful FIRE offers a more intentional approach to FI so you can craft a life you love NOW using mindfulness, envisioning and financial independence.

I created Envisioning Guide to help you think BIG about your life as you get started on your own Mindful FIRE journey.

Read to the end for actionable next steps and a special limited time coaching offer



ENVISIONING

What you pay attention to creates your reality.
Whether you're aware or not, you are envisioning all
the time with the stories you tell yourself.



Envisioning is not magic but is backed up by neuroscience

It works thanks to two powerful aspects of your brain

1. **Neuroplasticity** - Everything you think, feel and pay attention to changes the structure and function of your brain
2. **Human brains are prediction machines** - In every moment your brain predicts what is most likely to happen based on past experience (neuroplasticity) and puts in motion the thoughts, emotions, perceptions and even physiological responses for what is expected
 - You're telling yourself stories about how your life is going to be and then acting out those stories

Your thoughts and stories are like seeds

- The thoughts and stories you give your attention to most often are the ones you are watering and ultimately the ones that grow.

Mindfulness helps you become aware of the stories you are telling yourself

- Any time you're caught in a story you can ask "Is this useful?"
 - If not, you can choose to let it go.
- Envisioning is about choosing a new, more useful story

FINANCIAL INDEPENDENCE

Live out your vision by getting your money situation sorted out so work becomes optional
Financial independence gives you options



Bringing mindfulness to our finances means cultivating more awareness and choice around our money

Awareness

- Practice bringing “a kind, curious awareness” to your finances
 - What does my life actually cost?
 - What am I spending money on? Do I value it?
 - What stories do I tell myself about money?
 - Am I being intentional about my investments?

Choice

- Once we have awareness we can choose what we want to do
 - We can choose to take action to improve our life 1% everyday
 - We can choose to spend more on what we value & less on what we don't
 - We can choose how we spend our time, energy and resources

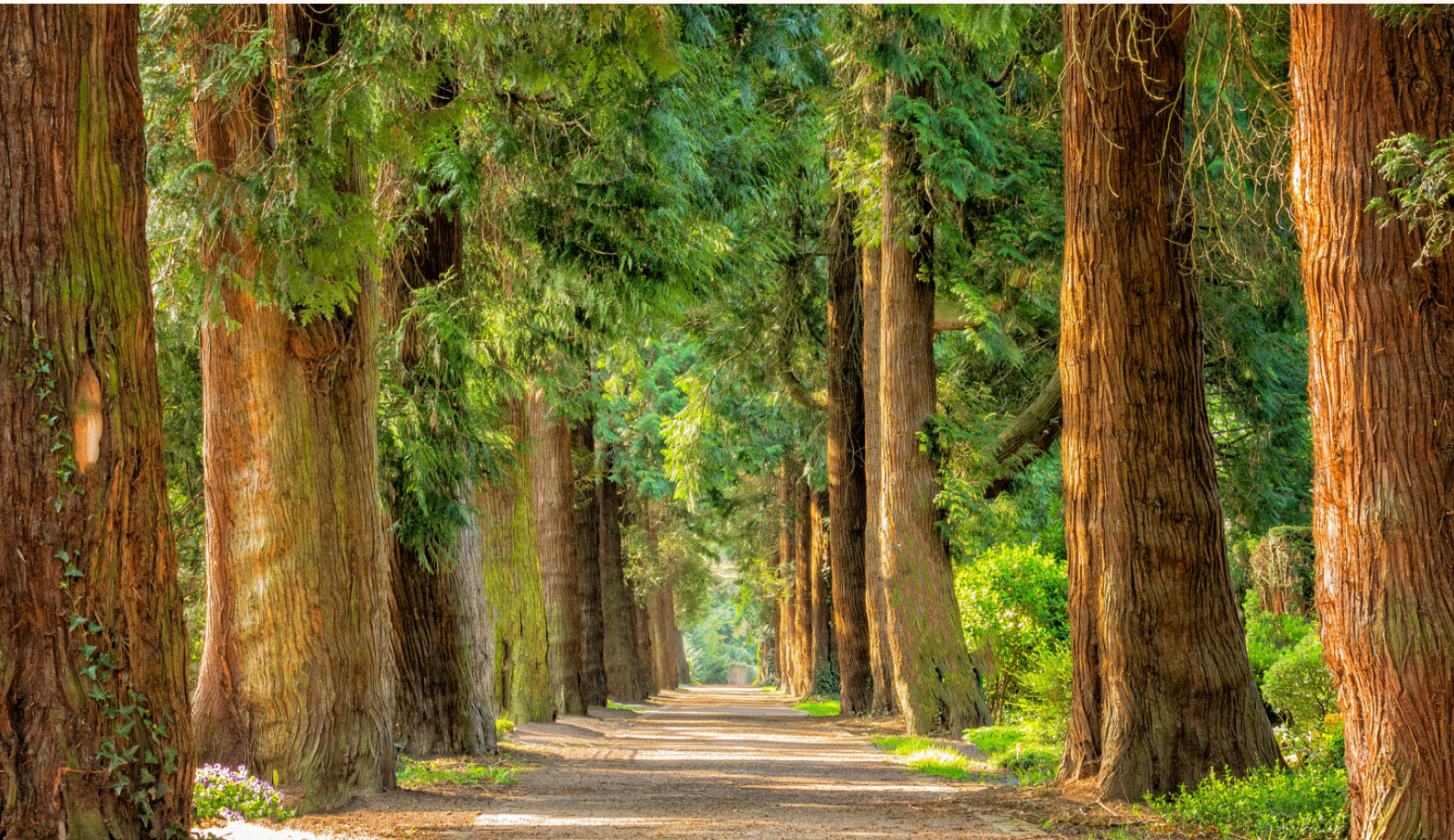
You can use awareness and choice along with other FI principles you've learned from Choose FI to start crafting a life you love NOW while on the path to FI.

ENVISIONING JOURNALING EXERCISE

Crafting a life you love starts with thinking really BIG about your life and getting clear on what you actually want your life to look.

Envisioning puts the power of your predicting brain to work to create the life you want.

In just 10 minutes, this 3-question envisioning journaling exercise can help you identify what you truly want and plant the seeds of thought that will guide you towards the life you desire.



JOURNALING

Journaling is a simple, yet powerful practice of bringing mindful awareness to our thoughts by getting them out of our head and onto paper.



Benefits of Journaling

Gain more clarity

- Getting your thoughts onto paper makes them more clear & easier to work with
- Develop self awareness

Practicing journaling will help you to know:

- Yourself
- What's most important to you
- What you want out of life

Feel mentally lighter

- It's helpful when feeling overwhelmed or when you have a lot of ideas, tasks or thoughts swirling around your head
- Getting thoughts out of your head and onto paper has an immediate effect of making your head feel less full

Basic Instructions

Journaling is as simple sitting down with a pen & paper and writing whatever comes to mind

As you write be open, curious and explore what's true for you

Many people find it helpful to use questions or prompts

Remember that journaling is just for you

You don't have to show it to anyone and can even throw it out immediately if you want

ENVISIONING JOURNALING EXERCISE



Envisioning Journaling Instructions

1. Sit down in a quiet place with a pen & paper (I recommend writing by hand)
2. For each of the three questions, begin by writing the question
3. Then start writing whatever comes to mind
 - Practice stream of consciousness writing
 - The key here is to keep the pen moving no matter what
 - If you run out of ideas write "I have no ideas" until more come (they will)
4. Spend about 5 minutes writing on each question (longer on question 2)
5. When you're done, read over what you wrote and underline or circle anything that you find interesting or meaningful

Mindset is critical for this exercise

For this exercise, I invite you to embark with a mindset of

- curiosity
- exploration
- unlimited possibility

Set aside all of your normal ideas of:

- what is possible
- financial considerations
- reasons things won't work
- etc.

Take this opportunity to think REALLY BIG about what's possible for your life without any limitations at all

Question #1

WHAT AM I DOING WHEN I FEEL MOST ALIVE?

Write whatever comes to mind.
Keep the pen moving no matter what.

Question #1

IF EVERYTHING IN MY LIFE STARTING TODAY MEETS OR EXCEEDS MY MOST OPTIMISTIC EXPECTATIONS WHAT WILL MY LIFE LOOK LIKE IN 5 YEARS?

Write in present tense as if you're sitting at your desk
5 years from now describing a day in your amazing life
I recommend also doing this for your post-FI life

Some things to consider

- What are you doing?
- Where are you?
- How do you feel?
- Who are you with?
- What does a typical day look like?

Question #3

WHAT EXCITES ME MOST ABOUT THIS VISION & WHY?

Write whatever comes to mind.
Keep the pen moving no matter what.

MAKE YOUR VISION A REALITY

Crafting a life you love starts with getting crystal clear on your vision and practicing it to put your predicting brain to work to make it a reality

Actionable Next Steps

1. Complete 3 question envisioning exercise in this guide to get clear on your vision
2. Plant and water the seeds of that vision by practicing it using
 - Journaling
 - Visualization
 - Affirmations
 - Speaking about it
3. [Connect with me on LinkedIn](#) where I post every weekday about Mindful FIRE, mindfulness, envisioning and financial independence
4. Listen and subscribe to [The Mindful FIRE Podcast](#) on your favorite podcast player.

What people are saying



Vincenzo said:

"Sometimes an inspired person can change your attitude and remind you that a stranger can help you more than friends or colleagues."



Sherwin said:

"Just wanted to say a huge thank you for our session. It really helped me put my current personal and professional situation into perspective. It was great to hear your actionable insights, which I'm already starting to put into practice."

Special Offer

If you would like personalized guidance to:

1. Get crystal clear on your vision
2. Learn how to tailor these practices to make your vision a reality

[Invest in a Vision Coaching Call with me](#)

For a limited time I'm offering a 28% discount for the Mindful FIRE community in celebration my [Choose FI Podcast Guest Appearance](#)