The cornerstones of economic freedom:

- personal choice
- voluntary exchange
- freedom to enter markets and compete in markets
- protection of persons and their property from aggression of others

The index measures the degree of economic freedom in five major areas, comprised of 42 distinct variables. The index is on a 0 to 10 scale, where a higher EFW score indicates more economic freedom.

The five broad areas of the index are:

- Size of government
 (government spending and taxes)
- 2. Legal System & Security of Property Rights
- 3. Sound Money
- 4. Freedom to Trade Internationally
- 5. **Regulation**

(regulations of credit markets, labour markets, and businesses)