

A woman with long blonde hair, wearing a white sleeveless dress, stands with her arms outstretched, looking up at a sky filled with many birds flying. The sky is a mix of orange, yellow, and blue, suggesting a sunset or sunrise. The text "Create FREEDOM" is overlaid on the image.

Create **FREEDOM**

HOW TO LIVE LIFE ON YOUR OWN TERMS



Your mental cage

- ☐ Mental prison
- ☐ All in your mind
- ☐ How to unlock cage
 - ☐ The key
 - ☐ It's within you
 - ☐ You're trapping yourself
 - ☐ Can walk out anytime
 - ☐ What you need
 - ☐ Commitment
 - ☐ Renew every day
 - ☐ Stick to plans
 - ☐ Positivity
 - ☐ Light in darkness
 - ☐ Guide to the 'key'



Rediscovering yourself

- ☐ Used to living life you don't want
 - ☐ Forgot you who were
 - ☐ Who are you, really?
 - ☐ Who you want to be
 - ☐ What you want to do
 - ☐ Discover you in present times
 - ☐ Changed over time
 - ☐ More mature
 - ☐ More experienced
- ☐ Take it slowly
 - ☐ Don't want to scare yourself
 - ☐ Let rediscovery happen naturally
 - ☐ Have 'me' time every day
 - ☐ Start a journal
 - ☐ Re-live old favorites
- ☐ Re-introducing yourself
 - ☐ Help others get to know 'new' you
 - ☐ Some may not like the new you
 - ☐ You're not their slave
 - ☐ Let them deal with it



Loving yourself

- ☐ Freer with your choices
 - ☐ Do and say what you want
- ☐ You don't need to be perfect
 - ☐ Accept yourself fully
- ☐ Respecting yourself
 - ☐ Put yourself on pedestal
 - ☐ Others can't walk on you
 - ☐ Learn power of "no"
 - ☐ Stand up
 - ☐ Fight for yourself
 - ☐ Learn to say "yes"
 - ☐ New opportunities
 - ☐ New relationships
- ☐ Not self-centered
 - ☐ Fully self-aware
 - ☐ Not narcissism
 - ☐ Learn to appreciate others



Understanding your feelings

- ☐ Awareness
 - ☐ Put a name on emotions
 - ☐ Analyse root of feelings
 - ☐ Put a stop to negativity
- ☐ Emotions and relationships
 - ☐ More transparent
 - ☐ Positive relationships
 - ☐ Intimacy and trust



Motivation when stuck

- ☐ Giving up is not the answer
 - ☐ Won't accomplish anything
 - ☐ You'll hate yourself
- ☐ The fire within you
 - ☐ Why did you seek freedom?
 - ☐ Unhappiness
 - ☐ Pretending to be someone else

- ☐
 - ☐ When did you start seeking freedom?
 - ☐ What pushed you over?
 - ☐ Your 'boiling' point
 - ☐ Making motivation a habit
 - ☐ No need to remind yourself
 - ☐ Do habit out of routine
 - ☐ Building habits take time
 - ☐ Anchor to existing habit

☐ **Facing your fears**

- ☐ Fear is natural
 - ☐ Rational fear
 - ☐ Survival mechanism
 - ☐ Saves us from danger
- ☐ Irrational fear
 - ☐ Can paralyze you
 - ☐ Can take control over you
 - ☐ Needs to be put under control
 - ☐ False evidence appearing real
 - ☐ Always happens in future
 - ☐ May or may not happen
 - ☐ Waste precious time worrying
- ☐ Responding to fears
 - ☐ Face fear head-on
 - ☐ Acknowledge your fear
 - ☐ Find ways to overcome it
- ☐ Turn fear into power
 - ☐ Think clearly
 - ☐ Put fears under microscope
 - ☐ Analyze your fear

☐ **Positivity**

- ☐ So much negativity around
 - ☐ Pessimistic thinking
 - ☐ Learn to fight it
- ☐ Take charge of your thoughts
 - ☐ Be self-aware

- ☐ ☐ Put a stop to negative thoughts
- ☐ Project positivity
 - ☐ Use positive words
 - ☐ Smile more often
 - ☐ Appear friendlier
 - ☐ Look happier
 - ☐ Practice gratitude
 - ☐ Appreciate blessings in life
 - ☐ Thank other people
- ☐ Positive people
 - ☐ Support you
 - ☐ Cheer you up

☐ **Seeking out freedom**

- ☐ Plan life when you achieve freedom
 - ☐ Will you find it fulfilling?
 - ☐ Will you finally be happy?
- ☐ Freedom is not for undisciplined
 - ☐ Can't afford to be lazy
 - ☐ Risk losing freedom
- ☐ Living life with purpose
 - ☐ Don't make it all about you
 - ☐ Make impact on others

☐ **Making better choices**

- ☐ Life is full of choices
 - ☐ Impact on your life
 - ☐ Impact on others
- ☐ Stop over thinking
 - ☐ Wastes time
 - ☐ Saps your energy
 - ☐ Fuels negative thinking
 - ☐ Don't focus on "what-ifs"
 - ☐ Focus on the good things
- ☐ Emotion vs. logic
 - ☐ Difficult and big decisions
 - ☐ Emotion

- ☐ What feels right to you
 - ☐ Logic
 - ☐ What you know is right
 - ☐ Weigh pros and cons
- ☐ Decisions which lead to failure
 - ☐ Don't be afraid of failure
 - ☐ Learn what's not working
 - ☐ Leads to what's working

☐ **Living the life you want**

- ☐ Regret is always at the end
- ☐ Define your own success
 - ☐ Makes you happy
 - ☐ Matters to you
- ☐ Welcome change
 - ☐ Change is constant
 - ☐ People change
 - ☐ Dreams change