

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

Living life on your own terms is exciting, but at the same time it can be a bit daunting, too. The good news is you don't need to embark on this journey alone; we're here to help you out. We've created this resource cheat sheet to help you get started on your new life.

Courses

Wheel of Life - Ultimate Guide to Personal Transformation

<https://www.udemy.com/wheel-of-life-ultimate-guide-to-personal-transformation>

Want to know how to transform your life and finally live the life you've always wanted to live? Then check out Amey Vidvan's course today. You'll learn how to balance and control every aspect of your life to help you achieve your dreams.

Advanced - How to Be Happier, Healthier, and Wealthier!

<https://www.udemy.com/7-steps-finding-and-living-your-purpose>

In this course by John St. John, he's going to show you how you can change your life for the better, and be happier, healthier and wealthier. You'll learn how to destroy all barriers that stand in the way of your success. You'll even learn how to use an 8-ring mapping model that will help you create an image of your best life.

Emotional Freedom Technique for Freedom in Life

<https://www.udemy.com/emotional-freedom-technique-for-freedom-in-life>

Let Robert Murphy show you the ropes on how to use the so-called 'emotional freedom technique' to finally achieve the freedom you've been longing for. You'll be able to identify and eliminate issues in your life, so you can live it with less negativity and more happiness and fulfillment.

Eliminate The Stress & Enjoy Your Life!

<https://www.udemy.com/how-to-relieve-the-stress>

Are you tired of worrying about every little thing in your life? And you want to learn new techniques to help you manage stress and anxiety? Then check out Bob Francis' course now and learn how to control yourself in stressful situations. Once you discover how to live life the right way, you'll finally become the person you're meant to be!

Books

Freedom Seeker: Live More. Worry Less. Do What You

Love. <https://www.amazon.com/Freedom-Seeker-More-Worry-Less/dp/1781808058>

If you find yourself suffocating in the life you've built for yourself, and you want to find a way out, then you need to read this book. The author, Beth Kempton, had been in your shoes. She offers a ton of practical advice which you can use to help get yourself out of your rut.

How to Be an Imperfectionist

[https://www.amazon.com/dp/B00UMG535](https://www.amazon.com/dp/B00UMG535Y)

[Y](https://www.amazon.com/dp/B00UMG535Y)

Perfectionism is not going to get you anywhere but failure and disappointment. Read Stephen Guise's book on imperfectionism and accomplish more than you've ever done in your life! Living an imperfect life will help you reach your goal of being happy and free in a much shorter timeframe than if you tried to do everything to perfection.

Live the Life You Love: In Ten Easy Step-by-Step Lessons

<https://www.amazon.com/Live-Life-Love-Step-Step/dp/0385316623>

Don't you just want to read a book that will teach you everything you need to know about life in step-by-step lessons? Well, Barbara Sher has got the right book for you. She will help you overcome all doubts and fears and help you recapture your dreams!

How to Be Well: The 6 Keys to a Happy and Healthy Life

<https://www.amazon.com/How-Be-Well-Happy-Healthy/dp/1328904784>

Dr. Frank Lipman shares his formula for lifelong vitality. He calls it the Good Medicine Mandala. Consider this a practical handbook you can use for your everyday life. Learn different ways to become a healthier and more resilient individual, and live your life happily ever after.

Websites and Blogs

Tiny Buddha

<https://tinybuddha.com>

When life becomes far too complicated for your own good, and you just want someone to simplify it for you, then you better head on over to Tiny Buddha. You'll learn plenty of tips on how to handle happiness and fun, relationships and love, peace, mindfulness, peace, healthy habits, and so much more.

The Positivity Blog

<https://www.positivityblog.com>

The Positivity Blog is one of the most popular blogs on the web for all things positivity. So, if you're feeling overwhelmed by negative thoughts and feelings, and you want to break free, then visit this blog right away. You'll learn tons of ways you can use positivity to steer your life in the right direction.

Success Consciousness

<https://www.successconsciousness.com/blog>

The journey to freedom is a long, winding road. It can be lonely if you choose to, but thankfully, there are blogs like Success Consciousness which will show you all the inner tools you need to reach your ultimate dream. The blog categories include time management, positive attitude, goal setting, positive affirmations, letting go, and so much more.

Frank Sonnenberg Online

<https://www.franksonnenbergonline.com>

As one of "America's Top 100 Thought Leaders," you will surely learn a lot of new things from Frank Sonnenberg's blog. He's one of the few who actually walks the talk, and shares his experiences on the blog. He's got almost 2 million readers - people who find his content highly valuable - so you know you're in good hands.

Podcasts

An Uncluttered Life

<http://www.anunclutteredlife.com/thepodcast>

If want to achieve your version of success and freedom, then you should check out this podcast. You'll learn how to create your own rules and discover how you can live life on your own terms. While the hosts have already ended the podcast, you can still browse and listen to all 185 episodes on the site.

10% Happier with Dan Harris

<https://www.stitcher.com/podcast/abc-news/10-happier>

In this weekly podcast, Dan Harris will show you how you can practice mindfulness and be happier in your life. Surprise yourself and listen to this entertaining, educational and inspiring podcast – who knows, you just might get hooked!

Live Happy

<https://www.livehappy.com/podcast/happiness>

Want to make your world a happier place? Then you should check out this podcast. You'll learn plenty of inspiring stories and actionable tips to help you achieve happiness. In addition to happiness, they also have episodes on home, inspiration, magazine, science, and work.

The Science of Happiness

<https://itunes.apple.com/us/podcast/the-science-of-happiness/id1340505607>

Yes indeed, happiness is a science as you'll soon learn on this popular podcast. While this may be a relatively new podcast, you're going to be in for a treat when you start listening to Professor Dacher Keltner!