

# UNRESTRICTED

7 Ways To Create a Life of  
Freedom and Choice



What comes into your mind when you think of freedom? Do you imagine yourself surrounded by stacks of hundred-dollar bills? Or do you think about doing things with your loved ones you wouldn't be able to do under normal circumstances?

Whatever your vision of freedom is, know that it's all possible. Creating a life of freedom is within your reach. In this short report, you're going to learn 7 different ways you can create a life of freedom and choice.

# 1. Create Your Goals

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Identifying your goals is the first thing on this list. That's because if you don't know what you're aiming for, then chances are, you're not going to find success. You wouldn't know which way's up and you wouldn't know if you've reached the end of your destination!

When setting goals, you need to find what motivates you. It could be something you're passionate about or at least have a deep interest in. It should be important to you and should bring you joy and happiness.

Ideally, your goals should fit the SMART category. It means your goal should be specific, measurable, attainable, relevant, and time-bound.

The right goal will help you achieve your goal faster because you've already streamlined and defined what it's all about. This means there are fewer chances of you doing something totally random that can ruin your entire plan!

Sometimes, however, you'd still need to experiment. Somewhere down the road, you'll realize some of what you've originally planned and prepared for is no longer available or isn't all that feasible. What you need to do then is adapt to your new circumstances.

Going after a big, life-changing goal requires a lot of planning. You can't just wing it and hope you're eventually going to succeed. If this is your approach to goals, then you're probably going to end up failing.

With that said, the key takeaway for this point is that you need to create the right kind of goal and you need to have a plan for how you're going to achieve your goal.

## 2. Make A Commitment

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Big goals require commitment. Creating a life of freedom certainly falls into this 'big goal' category, so you need to commit yourself fully if you want to succeed. You've got to be mentally prepared to see everything through until the end.

Now the thing is, commitment can often fade into the background after a period of time. Some people start going back to their old habits in a span of weeks or months. Some can stay committed for years, but eventually give up when they come across an obstacle so difficult to overcome.

When you make a commitment, you literally make a promise to yourself that you're going to achieve your goals no matter what. You tell yourself that whatever life throws at you, you'll be prepared to stick to your goals. And it's all good in the beginning.

Things begin to get shaky when the reality finally sinks in that you're embarking on a life-changing mission. A mission where you'll need to give up your comfort zone and do things you're not used to doing. A mission where you'll need to learn new skills and maybe dive into the deep end of things just so you can reach your ultimate destination.

It's the commitment to change that will help you find success. When you embrace change, literally nothing can faze you. You're expecting both good and bad things to happen and you're ready for whatever may come your way. You're ready to make sacrifices in order to achieve your goal. This is the kind of mentality that will get you over to the finish line!

## 3. Broaden Your Horizons

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Broadening your horizons will allow you to see the world in a different light. You'll be more open to change, you'll be more open to diversity, and you'll be more open to new ideas. You're not going to be a bore when you talk to people.

You'll no longer feel like a fish out of water in social gatherings. You'll have more opportunities to meet new people and foster new relationships. You'll also be more adaptable to change and even difficult situations.

To help expand your horizon, you can read books or pick up new hobbies. Basically, try to learn something new every day. You'll gather different ideas on how to approach different tasks which can help you get closer to your goals.

Not attempting to broaden your horizon will mean you're going to be stuck doing the same things over and over. You'll find it near to impossible to create a life of freedom because you'll be trapped in your comfort zone. But if you're well-versed and knowledgeable about many things, you'll find the confidence to go out into the world and work on achieving your dreams!

## 4. Get Rid Of Your Debts

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Being free does not necessarily mean being wealthy, but it sure wouldn't hurt. One thing that can drag you into the depths of despair is debt.

If you're buried in a mountain of debt, you'll find it extremely hard to live the life you want. You'll have your conscience and various collectors hounding you for payment. That's no way to live!

Skipping town is always an option, but a *very* bad one at that. You'd ruin your name and your reputation, and it's going to be hard to live freely with your integrity ruined.

So, the first thing you have to do is to get rid of your debt. Depending on who you borrowed money from, try seeking an easy payment schedule. Don't be afraid. Your creditors want their money back. Some may even be willing to forgive the interest and just require the original amount back.

Once your debts have been paid off, it's time to educate yourself on financial matters. This is because financial security is a must when you're seeking freedom. You can't just expect people to give you hand-outs. Like most things in life, you're going to have to take your finances into your own hands.

Research ways you can save up your money and make it work for you. There are tons of resources online to help you improve your financial literacy.

Managing your finances is a matter of mindset. If the first thing you think about when you get some money is to spend it, then you need to change your way of thinking. It's a dangerous mindset, you see, and it's going to put you back in debt!

To truly create a life of freedom, you need to be financially literate. You don't need to be ultra-rich, you just need to know how to manage your cash flow and perhaps create multiple income streams. In the end, it's much easier to live the life you want if you don't need to worry about money.

## 5. Consider Outsourcing

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There are many benefits to outsourcing. Whether you're planning on outsourcing all your tasks or just a few, you'll be freeing up hours of your time. Because with outsourcing, you're essentially duplicating yourself.

Instead of spending the whole day working on mundane and repetitive tasks, you can focus on doing your core activities. Or you can spend it on doing things you love with people you care about. You can even spend your entire day with your family and friends, and still be earning money!

If you hire someone who can do your tasks better and faster than you ever could, then you're making a worthy investment. And yes, it's an investment because outsourcing doesn't come cheap.

Well, you can pay peanuts to contractors, but expect peanut-quality work as well! You not only waste money, but you also end up wasting your time because you'll be cleaning up after the freelancer. You'll either redo the work yourself or hire someone else to do it for you. That translates to more time and money wasted.

If you can build a team of highly qualified freelancers and train them to become your 'duplicates,' then you can essentially run your business hands-free. Depending on the nature of your business, you can probably check in from anywhere in the world.

This is precisely why the freestyle and nomad lifestyle is so popular nowadays. Technology makes the world a smaller and better place. It allows you to be wherever you want to be and still be able to work on your business!

## 6. Simplify Your Life

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Nowadays, we're spoiled for choice. And it's not necessarily a bad thing, except when it makes your life complicated. Trying to keep everything together can be hard, and sometimes you just want to scream in frustration!

Life is essentially a balancing act. You often need to wear different hats and be in different places at any given time. You can probably do that easily, but sooner or later, you'll get to the point where you'll have enough.

So, the obvious solution would be to remove all the excess baggage and just stick with the essential ones. You may have fewer options, but at least you're streamlining, and you'll find it's much easier to live life when you're not worried about a million little things!

You can start by listing down the things that really matter to you. Go through your stuff and throw away things you don't need. Literally and figuratively, clear the clutter to create more space in your home and your life. You don't need to get rid of everything, but make sure that what stays behind is actually providing some sort of value to your life and your goals.

Create a daily, weekly or monthly to-do list to help keep you on track. Try to follow your list religiously. It will help slow you down and get you enough breathing room to move around.

With so many choices around, it's important to learn how to say "no." When you say "yes" to everything, you'll just end up going back to square one!

Learn to make better choices, and I guarantee your quality of life will improve and you'll be so much happier!

## 7. Go Easy On Yourself

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You're not going to achieve a life of freedom overnight. You'll stumble and fall many times over before you find success. You'll fail and make mistakes, and you'll feel like giving up a lot of times. You'll probably call yourself a "loser" and hate yourself. But should you really be so hard on yourself?

One of the most important aspects of achieving goals is the journey or the process of getting there. You should try to enjoy the process as much as possible. Learn something from it and use it to become a better person.

You're not aiming for perfection. If you were, then you've got it all wrong. Aiming for perfection will only lead you to frustration. And the truth is that you're probably never going to achieve it. What you should do instead is to aim for excellence.

Be the best version of yourself and give everything you do your best. If you fail, be grateful for the experience. Dust yourself off and apply what you've learned from your mishaps.

Berating yourself for failing will only result to negative thoughts. So, move on and take it all in stride. You'll find that when you just go along for the ride and enjoy the experience, you'll have an easier time reaching your goal.



# Final Words

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A life of freedom and choice is within your reach. Don't be afraid to do your best to grab the opportunity and live the kind of life you want to live. While your path to success won't exactly be well-paved and may even be full of obstacles, just remember that most things in life rarely is. Fight for your dreams and do whatever it takes to win. Your prize of happiness and freedom will be waiting for you at the end.