



## SESSION #1: LIVING FREE

If you're going to live your life on your own terms and create true freedom for yourself now and in the future, you have to be aware of the doubts or pressures that prevent you from being your authentic self or pursuing things that are important to you. Use these activities below to help you examine how you can live an even more free and happy life. Print this page and use a journal for additional space for your responses.

### ***Personal Freedom***

- *I would feel more free in the present moment if I let go of...*
- *If I was going to have more freedom in 5 years, that would mean that in 5 years I would (be, do, have, feel...)*
- *If I was being more free and spontaneous in the moment each day, I would probably allow myself to...*
- *If I felt more free to pursue my own dreams, the first thing I would go after would be...*

### ***Signs of Social Oppression***

Sometimes our sense of personal freedom is slowly stolen away by how other people treat us (and how we allow or respond to that treatment). Think about the following areas to see if there is anyone in your life who you are allowing to minimize yourself or your dreams.

- *Sometimes I allow people in my life to hold me back. The things they say or do that make me hold back are...*
- *The judgements from others that I fear the most are...*
- *I sometimes shut down who I really am when someone...*
- *The ways that I could handle all this better would be to...*
- *If I stopped worrying what everyone thought of me, the first things I would do to live my life more on my terms would be...*

### ***Free Living Manifesto***

This activity is journal based, so it will require more room than is available on this page. Grab a journal, and before you begin you are encouraged to find a private space where you are at peace and inspired. You are invited to write a manifesto for your life, a passionate document that essentially answers these three questions:

1. What would my ideal day really look like if I had all the freedom and happiness I ever wanted?  
Describe exactly what you want your ideal day to be like. Write about how you should feel, what you stand for, what you will create and give, how you will treat other people, what routines or practices you enact every day. Just describe in as much detail as possible what you want to feel, give, and experience in life on a consistent basis.
2. What will I no longer accept in my life?  
Think of all the things you are fed up with in life and just write about them and state why you no longer want those things to be tolerated in your life. Then write how you can start to change them. Write with passion!
3. What am I committed to making happen in order to create my ideal life?  
What are you willing to STOP doing? What are you willing to START doing, and KEEP doing as long as possible until you succeed? Write about things you will learn and when, what steps you'll take, who you will approach for help, what you will be disciplined in doing in order to manifest your dream life.]

Just think and write and flow and think and write some more. There are no rules. No timeline to finish this activity. Some people write for hours and hours, others for less than an hour. It doesn't matter. All that is important is that you are PASSIONATE as you write and you REVISIT and REVISE this document over and over again to keep designing and pursuing your ideal life. Now go grab your favorite journal or a new one and START writing. Enjoy.