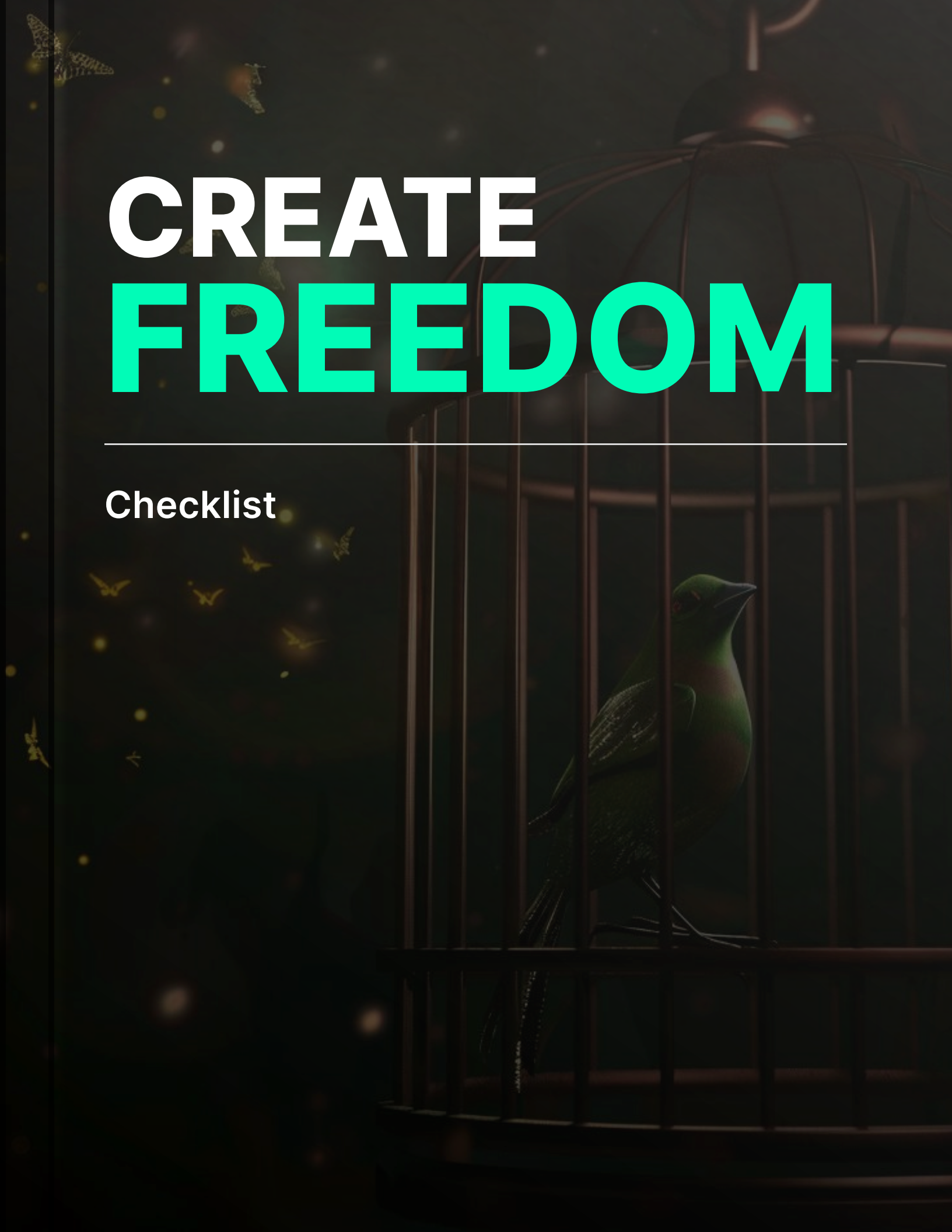


CREATE FREEDOM

Checklist



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