

# Day Six: Defining Your Freedom

Approximate time to complete today's lesson: 20 minutes

**"They will never take our freedom!" - Braveheart**

The idea of "freedom" conjures up a lot of different notions for people. Perhaps it's just the ability to have some fun and let loose from time to time. Perhaps you've got a big, life-long dream that you'd like to see come to fruition. Take a few minutes to document (write, draw, etc) what freedom means or looks like to you. Remember, there are no "wrong" answers here, so long as the answers you give are your truth in this moment. Remember also, that your truth can (and probably will) change in the future, and that's a normal part of the growth process.

# Identifying Your Freedom Goals

Based on how you've defined Freedom, what are a few goals, achievements, or major action steps you could take in the coming year to help you access that definition more frequently? What are things you could do to help you live your life in more alignment with your current definition of Freedom? Brainstorm possibilities in the space below, and pay attention to what thoughts or ideas come up for you in the process of documenting these goals. There may be stories you're telling yourself. Document those goals anyway and ask yourself if they are really true, or if they just feel true in the moment.

# Prioritizing Your Freedom Goals

You may find that some of your Freedom goals are crossover goals from other Key Areas. This is normal. A lot of what we do as creative entrepreneurs can trickle over into multiple Key Areas of our life. What's important here is to not get overwhelmed with all the choices and options. Return to your inner knowing, your divine guidance and ask yourself this question:

**Based on the other goals I've already identified, and my current definition of Freedom,  
which of these goals are my top five, most important focus for the coming year?**

Remember that today's focus will look much different from tomorrow's perspective, and that it's okay to change your mind later. For now, though, let's create a plan and start moving forward on it. Prioritize your top five goals/objectives from the previous page.

1.

2.

3.

4.

5.

# Pick Just One

Thinking about Freedom as you've defined it, what one goal could you work on over the next 12 months that would give you both the greatest sense of freedom **and** a cause for celebration when achieved? How would you benefit from achieving this goal? What would you miss out on if you didn't make the shifts needed to accomplish this goal?

*Freedom is our ability to be fully self-actualized in any given moment.*