

FREE GUIDE

5 Keys To Finally Feel Free By Cultivating Inner Safety

YOU HAVE DONE A GREAT JOB SURVIVING
AND THIS PRESENT IS YOUR GIFT TO
UNLOCK THE DOOR TO LEARN HOW TO THRIVE

A GIFT FROM: SANDY JOHNSTON: EMPOWERMENT COACH



Welcome

A NOTE FROM SANDY



Hello, free spirit,

Thank you for embarking on this journey with me! As we step into this exploration together, I want you to remember that true empowerment isn't about the number of achievements you collect; it's about who you become along the way. It's about embracing the deep, unshakable belief that you are enough, that you can learn to feel safe in your own skin, and with this that you have the sovereignty (self-actualisation) to explore your life to the fullest.

This guide isn't about pushing harder or solely focusing on where you currently are or your current situation. Instead, it's a gentle and proven approach to help you clear away negative energy and calm your nervous system first. After all, we cannot build a new reality when we're feeling overwhelmed or panicked. We often find ourselves holding back in familiar places because they feel safe, but true transformation starts when we embrace growth and expansion. Transformation truly starts from within.

These 5 Steps to Finally Feel Free By Cultivating Inner Safety form the foundation of my coaching practice journey. They are designed to help you shift from doubt to clarity, from fear to freedom, and from feeling stuck to thriving. You'll have the chance to explore what truly lights you up and embrace the full potential that is inherently yours.

Take your time with these steps, and know that this is your journey to unfold.

With warmth,

Sandy

Key 1

VALUES = ENERGY

The “Fuel” for Freedom”



Purpose:

Freedom is not just about the absence of pain; it's about discovering what lights you up!

What You'll Gain:

Clarity on what truly matters to you—not what you 'should' care about; energy to take aligned action.

Reflection Prompt:

Think of one activity or topic that makes you lose track of time. What is it? (e.g., painting, hiking, dancing, singing).

(This helps us shift from feeling drained to feeling excited about life.)

Key 2

UNDERSTANDING TRAUMA

And It's Impacts On Daily Life



Purpose:

Recognise how past experiences can affect your current emotions, behaviours, and relationships.

What You'll Gain:

Understanding trauma is crucial in cultivating inner safety and healing.

Reflection Prompt:

Reflect on how certain past experiences may still influence your feelings today and how awareness of this impact can create a sense of control in your life.

(This awareness paves the way for deeper healing.)

Key 3

VISION = FREEDOM IN ACTION

The Map



Purpose:

Freedom without direction can feel chaotic.

What You'll Gain:

A clear picture of your ideal life. This isn't about rigid plans or starting out with a crystal clear vision for your future; it starts with feeling excited to wake up each day because you are finding things that make you feel freer in the here and the now!

Reflection Prompt:

If 'freedom' had a colour, sound, or place, what would it be? (e.g., 'Ocean blue. Laughter. A cozy café writing my book.')

(This sets the stage for creating aligned goals.)

Key 4

BUILD INNER SAFETY

Create a Personal Safety Plan



Purpose:

Build a sense of safety and manage triggers in your environment.

What You'll Gain:

Learn to identify what makes you feel safe and establish a personal plan that helps you navigate various situations

Reflection Prompt:

What environments or situations make you feel most at ease? Consider how you can recreate this safety in different areas of your life.

(Building this framework gives you a sense of control and boosts your confidence.)

Key 5

HABITS = FREEDOM RITUALS

The "Daily Keys"



Purpose:

Freedom is built through daily choices, self-compassion and being grounded.

What You'll Gain:

Tiny, enjoyable rituals that anchor you and grounding techniques to bring you back to the present moment, helping to alleviate anxiety and stress. Moving forward from a place of calm.

Reflection Prompt:

What's one tiny thing you could do daily to honour your value from Step 1? (e.g., 'Light a candle while I drink herbal tea and empty my mind while focusing on the candle and sipping the tea.')

(Small, consistent changes can lead to big transformations in your emotional resilience and well-being propelling you forward with ease.)

Your First Step:

INTEGRATE THIS WISDOM



What you've just explored are core elements of my **Path to Freedom** program:

1. Values (your fuel)
2. Understanding Trauma (locks to change)
3. Vision (your map)
4. Inner Safety (your foundation)
5. Habits (your daily keys)

In the program, we go deeper, exploring how to rewire beliefs, design habits that stick, and build unshakable confidence to feel free to be the being you were truly meant to be.

👉 Book your complimentary:

EmPOWERment CALL

If you're ready to explore how coaching could accelerate your freedom, I'd love to invite you to a no-pressure chat.

If you're not ready yet, that's perfectly okay! Use this free guide to keep exploring on your own. Remember, my door is always open. Thank you for your courage today—freedom starts with a little step forward!

About SANDY JOHNSTON

At its core, sourcing your energy means coming home to yourself through trauma-informed coaching and training. That's what I did in my own life.

Having experienced the profound impact of toxic relationships on both mental and physical health, I know how they can erode trust in self and the world around you.

My own journey out of "survival mode" became a powerful quest to rebuild that trust and safety within. I focused on the five essential keys that foster a sense of stability and security: the freedom to perceive, feel, speak, ask, and take risks.

Through post-trauma growth and empowerment coaching, I now guide others on their paths to healing. Together, we'll work on developing a deep sense of safety and confidence so you can feel at home in yourself. Let's navigate this journey toward thriving and embracing the life you truly deserve.

Before you go...

If you'd like extra support while you wait to chat with Sandy, here are gentle resources you can explore only if it feels right:

Coaching Resources: [The Key to Be Free](#)
Podcast Stories of Hope: [Tiaras, Tears & Triumphs](#)
Community Sanctuary: [Rise Up Facebook Group](#)

Immediate Crisis Support:

• **Australia:** [Ask Izzy](#) • **Worldwide:** [Hot Peach Pages](#)



**BOOK
YOUR CALL**



Disclaimer: This guide is for educational and self-empowerment purposes only and does not constitute financial, medical, or therapeutic advice.