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Creating a Life of FREEDOM



Guidebook



Most people NEVER do this one simple exercise...
maybe that's why most people NEVER succeed.

By SelfEsteemTools.com

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Introduction.

What if you could have personal freedom every single day?

Most people wouldn't know what to do if such an offer were made to them.

While we all understand what personal freedom is on a small scale, it becomes almost impossible to imagine when you think about personal freedom as a way of life. There's a big difference between having the ability to spend an afternoon how you like and having the freedom to live a life of your choosing day in and day out.

Imagine how different your life would be if you had the freedom to spend your time, energy, and money any way you wanted!

This book will help you understand the power of personal freedom.

- First, you'll learn how to define personal freedom in a way that is meaningful to you.
- From there, you'll examine why personal freedom is important in the first place.
- Finally, you'll discover how to put all of this knowledge in motion so you can start on your tailored path to personal freedom today.

Deciding to live a life of personal freedom will change everything for you. You're about to discover a life without limitations. You'll also figure out the basics, such as where to live, or what kind of job to pursue so you can extend your freedom into a satisfying future.

Embracing personal freedom means you're about to take charge of every aspect of your life. Read on to find out how.

What Is Personal freedom.

If you asked a hundred different people to define personal freedom, you'd get a hundred different answers.

To some, personal freedom has to do with being able to follow their own set of beliefs – the ability to vote how they want or attend (or not attend) whichever religious institution reflects their spiritual beliefs.

To others, personal freedom might mean something more intimate, such as being allowed to speak their mind, to share what's important to them, to love who they want or how they want.

Whatever the case, personal freedom - even defined differently for each person - has a common denominator.

Personal freedom has to do with choice, being given the power to act, speak, or think as one wants – in the way that they choose – without hindrance or restraint.

Think about this idea for a minute. Now take it a step further.

How you define personal freedom today isn't going to be the same definition you have for it ten years from now, or even five.

Why?

As human beings, we're continually growing and changing. That's normal. You aren't the same person you used to be. What was important to the 10-year-old you isn't the same to you at the age of 20 or 30.

This means that you're going to have to figure out what your definition of personal freedom is. Moreover, you're going to have to expect your interpretation to be malleable. You'll revisit it often and ask yourself if your description still holds true, and if it doesn't, you'll change it to suit your current needs.

How do you define your own personal freedom?

To discover that, follow the steps below:

Start Small.

When working to create personal freedom, start with the moments where you already enjoy freedom.

What is the first thing you do when you have an afternoon to yourself? What activities do you seek out? If you're not sure, think about the last time you felt truly free. What were you doing?

Once you have an idea of what kinds of experiences make you feel truly free, experiment with them. For example, if you enjoy viewing art at a museum, how do you feel about trying to create art of your own? Embracing new ideas and experiences will help you build up to more considerable freedoms and a greater understanding of who you are.

Build it into your Routine.

Take the freedoms you've discovered and find a way to work them into your daily schedule.

Building on the example above, if you enjoyed the art projects, how about taking a class every week in painting? Or planning a regular date with yourself to experiment with creating art of your own.

Let your Mind Wander.

The greatest freedom any of us has is within our heads. Where do you go when your mind wanders? What are the things you like to think about? Which things excite you or send you off into pleasant daydreams? Are there common themes to these thoughts? What do those themes say about the personal freedom you desire?

Ask What Would You Miss?

Sometimes it's hard for us to appreciate the freedoms we already have until they're taken from us.

Ask anyone who's ever had their dominant arm in a cast, and they'll tell you all about the things they missed doing. The type of things that they never thought about before the accident.

Imagine your life changed, perhaps you are imprisoned, or without the abilities you have now. What would you miss the most? The list you create from this exercise will help you to determine which freedoms you treasure the most.

Focus on the Details.

By staying in the moment, you will discover things about yourself you might not have realized.

Stop worrying about what comes after this moment.

Practice mindfulness. Breathe deeply and focus on the now. Explore the moment with each of your senses. How does this feel? Do you find the sensory world freeing? What about it do you enjoy most? The sights? Smells? Tastes?

How can you incorporate pleasing sensory experience into your definition of personal freedom?

Let's go back to the earlier example of art. If you discover you love bright colors or strange textures in objects, this knowledge might give you some insight into the kinds of art you wish to create or learn about.

Gain a New Appreciation.

When you can find respect and admiration for the things around you, it's hard to feel negative emotions. Personal freedom hooks into the positive aspects of yourself. By changing your mindset to one of appreciation, you'll explore aspects of freedom you might otherwise have missed.

So, what is the definition of *your* personal freedom?

If you have taken the time to explore these ideas seriously, you will have a clearer idea of your definition of personal freedom than you've ever had before.

You've discovered some things you already like to do when you have time to do as you wish. Maybe you've found some new subject you'd like to explore and some old ideas you'd half-forgotten.

You're learning the kinds of things you love best about the world, and you're embracing the sensory experiences they can bring.

In short, you've created an image of what personal freedom looks like *to the current you*.

Keep this critical point in the front of your mind: Your definition of personal freedom is not going to be the same as anyone else's. Nor should it be. We are all unique individuals so what feels freeing to you might seem constricting to others.

Do what's best for you – what brings you freedom – and don't worry about what anyone else thinks.

What use is this understanding of your personal definition of freedom if you don't?

Personal freedom seems like a great concept to indulge in on a free afternoon or a weekend, but what makes it so important that you should make this simple idea your way of life?

Keep reading to find out.

Why Personal Freedom Is Important.

While defining your version of personal freedom, you probably discovered there are many different kinds of freedom.

Let's look at each in a little more detail and find out why each type is so crucial.

Freedom of Time.

When you're not bound to someone else's clock, you have the freedom to do what you want with your time – it's up to you how you spend the 24 hours you have in a day.

You don't have to have every day free to experience freedom of time either.

What if you worked four days a week? Or had one afternoon off every week? Reflect on how much downtime you would need to feel free from life's hustle and bustle.

You have to balance how much freedom of time means to you, versus how affluent a lifestyle you may want. A change in your career might mean you have to downsize your home or spending, but would more free time to do what you want balance that out? This is a personal decision of course, and it is one clearly worth examining.

Freedom of Choice.

You want to be able to live life on your own terms. You want to choose where to live and what kind of job to have. You want to make your own decisions regarding your family without interference from outsiders.

Consider some of the freedoms you might choose for yourself:

- The freedom to travel by living more simply or because you've accepted a job which gives you this opportunity.
- The freedom of embracing a simpler life because you've chosen to give up the trappings of modern society. You choose to live in a way more harmonious with your environment or system of beliefs.
- The freedom of being able to pick up and leave quickly by choosing to rent over owning a home.
- The freedom to enjoy retirement entirely on your own terms, culminating a lifetime of passion and joy, by investing now for your vision of this future.

Financial Freedom.

People desire economic freedom because it allows them other freedoms as well.

For example, if you have economic freedom, you won't need to work as many hours, which will help you have more freedom of time.

You also have location freedom because you have the money to move wherever you wish, and freedom of choice to live the lifestyle you've always dreamed of.

Financial freedom might not be as out-of-reach as you think, either. For example, if you want to live a simple lifestyle, it takes less money to be content. Or if you'd love to live in an exotic locale, you can focus on the places that have a much lower cost of living. This way so you don't need as much in the bank to enjoy luxury.

Consider not only the amount of money you would need to be financially free but also the lifestyle you crave. The two can work together to make it easier to end up where you want to be in life.

Freedom from Fear.

This is the freedom not to have to live under the pall of worry, and the way it influences a lot of our decisions and other personal liberties.

For example, when we're afraid of not having enough money to support our family, we give up the freedom to choose a job we love for the sake of having a steady paycheck.

When we're afraid of living life alone and without support, we tend to stay in negative relationships, even abusive ones, rather than step out on our own.

So how do we explore freedom from fear? We do it when we stop letting fear rule us, and when we make decisions which reflect a life of fearlessness instead.

Consider these examples and decide how you might break the chains of fear:

- When we choose not to care what other people think of us, we experience freedom from the fear of other people's opinions.
- When we learn how to stand on our own two feet and recognize we have value and worth, we find we lose the fear of being alone, giving us the strength to leave an abusive relationship.
- When we make a plan on how to live on less, we lose the fear of financial insecurity and free ourselves up to pursue a different career, one more satisfying in the long run.

All kinds of fear hold us back from reaching out and grabbing all manner of freedom with both hands. Anything that limits your thinking or actions is a hindrance to your freedom. All limiting beliefs and inaction come from fear.

What Can Become a Hindrance to Personal Freedom?

Like mentioned above, no one is exempt from fear. It's what we do with that fear that determines how much personal freedom we will enjoy during our life.

Do you recognize any of the following common fears or limiting beliefs that are holding you back from your idea of personal freedom?

- Engaging in the lack or scarcity mindset
- Avoiding responsibility for what you want
- Procrastinating the actions you know you need to take
- Entertaining thoughts of fear of failure
- Wallowing in worry about what people think
- Worrying the freedom you want doesn't fit society's norms
- Feeling like you don't have 'permission'
- Getting caught up in 'shoulds'
- Believing the freedom you desire is impossible

To reach the level of freedom you long for, depends on doing some soul searching to discover what fear or limiting beliefs are holding you back. Know that whatever effort and discomfort you may experience will be nothing compared to the feeling of freedom you will experience.

So, why is personal freedom so important? Simply put, because to live otherwise is to live only half a life.

When you embrace personal freedom in all aspects of your life, you can discover the best parts of yourself. You experience personal peace. You'll be able to grow in ways you could never have imagined, and you'll live the biggest, most thrilling life possible.

Excited yet? Keep reading to find out how to increase your personal freedom.

Understanding Freedom in Your Life Now.

So far, we've focused on the personal freedom you long for. Hopefully though, ruminating on adding more freedom to your life has made you more aware of the freedom you already have.

It's time to appreciate those freedoms deeply so that you can expect more to come.

Without getting too airy-fairy, what we focus on is what we get more of. You can see demonstrations of this in your life.

We all know someone who always expects the worst to happen, and it always does. On the flip side, we all know someone who is the luckiest person ever. Surprise benefits fall out of the sky and land right in their lap. Have you ever noticed that they look for and expect good things to happen, and so they do?

One thing is for sure — being grateful for your current personal freedoms will make you a happier, more content person, even if you know there are things you want to change in your life.

So, what personal freedoms can you think of that you already have?

- You could have super supportive family and friends. This is something many people would give up a great deal to have. How can you fully appreciate them? Do you strive to give back some of the support they offer to you?
- You might have a job that you love and the autonomy to enjoy it. No need for you to find your bliss – you already look forward to Mondays.
- You could already live in the location of your dreams or your ideal home.

- You might have started your own business and be in a position where you can travel all over the world, as long as you have your laptop.
- You could be living a simple, uncomplicated lifestyle that allows you to work part-time. You enjoy your time freedom by spending time with a hobby you're passionate about.

Without a doubt, we each have at least one personal freedom already.

Before we move on, ask yourself if you are fully taking advantage of what you already have. Do you realize some people would give anything to have what you do?

How can you find more happiness in your life by showing more gratitude for what you already have in your life? How might appreciation draw more personal freedom to you?

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Now that you've embraced what you have, let's look at the personal freedom you'd like to enjoy.

You might be feeling frustrated because you believe you have to work 70-hour-weeks or wonder how you can ever have enough savings to travel the world.

You will find that you need to allow for some give and take, at least in the beginning.

For example, are you overwhelmed enough with your work schedule that you'd be willing to change jobs or even careers?

Perhaps you went into your field knowing there'd be long hours, but now that you have a young family, you don't want to give all your time to the firm.

Understandable. You might be willing to give up some of the luxuries in life so you can spend more time with your family.

If you long to travel but have very little saved, consider how you might change jobs – some jobs provide many opportunities to travel.

How about becoming a freelancer in your field, which would free you up to live in an exotic locale where the cost of living is a quarter of what it is where you now reside? It might be as simple as taking a hard look at how you spend your money and then making changes to your priorities.

Think outside the box to see how you can adjust your life to allow for the type of freedom you desire. Sometimes it's easier done by talking with a like-minded friend. Brainstorm with someone you trust and see what unique ideas you can come up with.

Don't let your limiting beliefs stand in your way. If something is keeping you stuck, look at it in a new light. Is your procrastination not a lack of time but fear of failure or the unknown? Is perfectionism causing you to spend much more time in the office than is necessary, causing you to miss out on social events? If you want more personal freedom, you're going to need to be honest with yourself and decide what is most important to you.

Organizing Your Life for More Freedom.

There may be many areas of your life where you want to discover more personal freedom. So much so, that it might seem hard to know where to begin.

The key is to start small. Focus on one area first, and as you feel more confident, start exploring other areas of your life.

The end goal? Experiencing true personal freedom in every aspect of your life. It's an exciting thought!

To get started here are some tips to help you organize each area of your life for more personal freedom.

Freedom of Time.

Clear your schedule.

Nothing strips away personal freedom faster than not having time to exercise it.

By exerting your control over your schedule, you discover the privilege of being able to use time as you wish. Don't let other people schedule your life.

Set boundaries regarding work and social engagements, and make sure you're the one to decide whether to take on a new project. Don't be the one who is always "voluntold."

Remember, when you take on someone else's priority, you'll have less time for your own. Personal freedom means taking charge of your day from start to finish. If your current job forces you to work 70-hour-weeks and you hate it, start by looking for a new job or career where you can work fewer hours.

Know how to do it yourself.

Nothing wastes time faster than getting stuck needing someone to lend assistance in a situation. Think about what would happen if you got a flat tire and had no idea how to change it. You'd be stuck hoping a stranger would stop to help or need to start calling around to find help and then waiting for that assistance to arrive.

By learning how to handle things like small repairs, household tasks, or processes at work outside of your usual assignments, you wind up protecting your time while maintaining your personal freedom.

A good rule of thumb? Everyone should be well versed in everything from minor automotive needs to household tasks such as doing laundry and making meals. If you are unable or unwilling to learn some tasks, find people you can outsource them to, so you don't spend your free time learning on the job.

Freedom of Location.

Evaluate your living situation.

The temptation when home buying is to get as much house as you can afford, which might be at odds with what you need. The problem with maxing out your loan is that you're always working to pay it off, and you're probably not getting the time to enjoy your house.

Freedom comes when you take a long, hard look at your home needs to determine if what you have is working for you.

Is it possible downsizing might make the budget more manageable while still giving you the space you need?

Have you considered renting, which frees you up from a lot of the responsibility of home ownership and also allows you to relocate easily?

Have you been considering simplifying, to the point where maybe you'd like to try the tiny house movement or living in an RV so you can travel more easily?

Choose where you live carefully, so your home isn't a prison but something that gives you freedom instead.

Live on the open road.

Years ago, travel was seen as a means of broadening one's horizons and was encouraged as a necessary part of life.

Today, the idea is often taken for granted.

Personal freedom expressed through exploration of the world becomes a heady addiction very quickly. So how can personal freedom set your feet to wandering?

Start by choosing opportunities to travel as they arise. Take advantage of offers to go places. Seek expeditions, even if they're small. Clear your schedule for some travel time periodically and rework your finances to allow for travel if it's important to you. Or, if you're bitten by the travel bug, revise your job so you can experience life on the road. There's a world of possibilities out there, only limited by your imagination.

Freedom at Work.

Increase your value.

Learning new skills makes you a more valuable employee. It allows you to insist on a raise, gain a promotion, move to another company, or start your own business.

If your skill set includes being an expert in one computer language, push yourself to learn another. Pick up a second language. Or learn how to create a business

plan. Being valuable to the world around you gives you a lot more freedom in choosing how you want to live.

It reflects what you can charge for your services and how much your time is worth. Personal freedom means you get to dictate the terms of your employment, not the other way around. Keeping abreast of the current technology gives you the freedom to remain employed and desired as an employee.

Become your own boss.

Whether you're starting your own business or reaching a point in your workplace where you get to call the shots, being your own boss is the epitome of personal freedom in the area of work.

How do you get there?

In the case of the entrepreneur, you start with a good idea, a solid plan, and a lot of guts. After all, it's a scary thing to step out into the business world entirely on your own.

If this is the route, you want to take, start with finding ways to dip your toes in the pool. You might want to keep your day job and begin by exploring your new career in your downtime. Eventually, you'll want to start increasing the time you spend in your business to the point where you're ready to take the plunge and start working fulltime for yourself.

If you're taking the route of wanting more authority at work, you might have to spend some time working up the ranks in your workplace.

Explore what needs to happen to be promoted to positions of authority. If you need a certification or some additional education to leap into your dream job, go out there and get it!

You're never going to make it if you sit around doing nothing and hoping something will happen. You have to *make* change possible at every opportunity.

This is another kind of personal freedom, where you direct your fate by whatever means necessary.

Live Your Passion.

You spend a considerable percentage of your life working. There's nothing worse than going to a job you hate every day. It becomes drudgery, something to suffer through for the sake of a paycheck.

The most significant change you can ever make in terms of personal freedom is to find out how to pursue your passion. Choosing a job you look forward to every day, means you're living a life of passion in a richer and fuller sense than you ever had before.

Sometimes the switch from something steady and reliable to something new and exciting might feel a little risky. Choose to be courageous though. Imagine how amazing it's going to feel when you get to do what you love every day!

Financial Freedom.

Embrace financial freedom.

Being trapped by mountains of debt is crippling and allows others to control you, whether it's your bank or a dozen other debtors. If things get bad enough, they'll be calling all the shots on every penny you earn.

Here's where a solid financial plan becomes your road to personal freedom.

Budget yourself. Make a plan to pay down your debt. Take charge of how your money is spent, and where it's going. You're going to have to include learning

how to live within your means. If you find yourself overspending frequently, it's time to do things differently.

Take on an abundance mindset.

By discovering the freedom of having enough money, at least in your perception of things, you'll free yourself from financial worry.

Does that mean you need more cash in the bank? Not at all. An abundance mindset helps you to realize you already have enough. It's how you're living or spending that might have to change.

Start with gratitude for what you have and go from there. Gratitude imbues freedom.

Cut that out.

Just how are you spending your money? Are you putting yourself in debt just to live in the way you feel you ought to?

Letting others determine how you spend your money gives them the power, and you're left without financial freedom. Every dollar you make goes to what somebody else thinks you should have, or to pay for items needed to 'keep up appearances.'

Personal freedom means taking control of your spending. What are you paying for that you don't really care about? Cut those expenses and don't worry if everyone else thinks you need those items or services.

Create a budget designed just for you. Live within your means, your way, and quit worrying about what the rest of the world thinks. These actions are the only way you will have the financial freedom you desire.

Create an emergency fund.

Nothing drains finances and steals away personal freedom like an unexpected financial hardship. To secure yourself against this kind of crisis, create an emergency fund capable of handling everything from a nasty auto repair bill to time off work for illness.

How much should be in your fund? Honestly, as much as you can comfortably squirrel away. Having extra set aside preserves your freedom and autonomy in a difficult situation. More is always better.

Manage your retirement.

There's a school of thought which says you have to save like crazy for your retirement, which means depriving yourself now.

Here is where a lot of people give up a lot of their personal freedom. But is it worth losing sight of your goals for the sake of a 401k or some nebulous goal of traveling 'someday'?

While it pays to be sensible on savings for some things in the future, it's also good to express your personal freedom in these aspects too.

Ask what personal freedom look like for you in the future. Your retirement can look however you want it to. What if you planned for a different retirement, one where you can live your passion, even in your final years?

Maybe you want to work part-time at the thing you love well into your 80s. Or perhaps you want to retire early. Decide now what you want your retirement to look like and then set up a financial plan to make it happen.

Social Freedom.

Ask yourself who your friends are.

Your friends and family tend to be your biggest supporters - and your biggest stumbling blocks. When you express to others the things you want out of life are they acting as cheerleaders or naysayers?

Lack of support from the people closest to you is one of the most frustrating and hurtful situations to be in. It can lead to quitting before you even begin. If you are experiencing this, it might be time to re-evaluate your relationships.

It's part of exercising your personal freedom to set boundaries, and even remove negative influences from your life. This can feel hard but replacing the naysayers with people who encourage you to follow your own path can make all the difference in reaching your preferred level of personal freedom.

Choose personal freedom friends.

It is often said that you are the sum of the five people you spend the most time with.

With that in mind, make a list of the five people you hang out with most. Think about their qualities. If there's any truth to this adage, what does hanging out with these individuals, say about you? Do they have the qualities you wish you had? Are they the people you want to emulate?

Your personal freedom here is found in carefully choosing the company you keep. Choose to spend your time with others who believe that personal freedom is a way of life.

Be accountable to the people around you.

Personal freedom means you own your actions. If what you are doing reflects your thoughts and conscious choices, you need to take ownership of the situation

when you make a mess of things. On the other hand, when you do it all right? Don't be afraid of taking the credit.

Quit trying to control other people.

By acknowledging the only person you truly have charge of is yourself, you let go of the idea you can remake the people around you in ways more satisfying to your tastes.

Just as you should not be allowing yourself to be controlled by others to satisfy them, you shouldn't try to control others. Instead, remember personal freedom is used to control *your* life, *your* situation. There is great freedom in allowing others to choose their path.

Family Freedom.

Redefine what freedom means.

Having kids might mean a lot of responsibility, but they don't have to mean giving up your personal freedom.

You take back control when you refuse to let a perceived schedule involving endless rounds of lessons and school activities rule your life.

Choose the activities beneficial to both you and the members of your family.

Exercise freedom in deciding what your child's education looks like. Don't be afraid to embrace non-traditional solutions, like homeschooling your kids so you can take them places if you love to travel. After all, the world makes an excellent classroom!

On the flip side, if you've never cared about having children, don't feel you have to just because society expects it. Having children or not is a huge part of living life on your own terms.

Determine where and How You Live.

It's so easy to embrace the "Keep up with the Jones'" mentality. Worrying about whether you have all the latest gadgets, live in the best house, and are maintaining a particular lifestyle means you're giving up your personal freedom.

The downside? You're no longer living your life, but someone else's. Beyond that, you're losing your *financial* freedom. Paying for that lifestyle could keep you from having the carefree retirement you hope to have.

Taking back your freedom here means deciding for yourself just how and where you want to live.

Maybe you prefer renting, so you can move whenever you want a change. Perhaps you would prefer to embrace a more simplistic lifestyle in a tiny house or living off the grid. Maybe you want to live as a nomad, working remotely across the globe and exploring the world with your family in tow.

Freedom of Well-being.

Find ways to better yourself.

You lose control when others have more knowledge than you in a given situation.

By choosing to pursue continuing education, whether formal or not, you're securing freedom in ways you can't even imagine yet. Be relentless in the pursuit of knowledge and be prepared to explore new worlds as they open up to you.

Control your health.

This is an area you absolutely have to take charge of if you expect to discover personal freedom.

Without good health, you become limited by what your body will physically allow you to do. It's hard to accomplish what you dream when you're too sick /tired/weak to manage the physical aspects of your work.

Focus on eating right, drinking plenty of water, getting adequate sleep and exercising, and you will see the positive results very quickly.

Manage Stress.

Personal freedom becomes meaningless if you allow stress to call all the shots.

Stress is fear in overdrive, it takes your normal everyday worries and combines them with the feeling the worst will happen.

When this happens, tension is in the driver's seat, which is precisely why people who are stressed out tend to make poor decisions. Stress tells you to give up when things look difficult, instead of looking for solutions or ways to ease the situation. If you experience a great deal of stress, deal with handling that before any other personal freedoms.

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As you can see, organizing your life for more freedom is an ongoing process, and affects every aspect of your life.

As you explore the options opening up to you while exploring your personal freedoms, you'll likely come up with more ideas of your own and techniques suited to your situation.

That's great!

As said before, your picture of Personal freedom is unique entirely to you. Don't be afraid to explore what makes you feel happy and in control.

Conclusion.

However, you define personal freedom or what it looks like in your life, the fact is, it comes down to your choice and your efforts to secure it and keep it.

Personal freedoms are valuable and even necessary for a healthy, well-rounded life.

Remember those personal freedoms which are critical to us today, may not be as essential years or decades from now.

As you change and grow, so too will your needs and desires. Personal freedoms aren't "evergreen," they change with your current situation and lifestyle.

Protect your freedoms, but allow them to grow with you, to fit your life.

Reassess what's important to you when there are significant changes such as marriage, children, a death in the family, divorce and so on.

Also, reassess them every year or so to see how your values have changed and what you hold as the most critical personal freedoms. You may come up with new, exciting ways to make your life even freer.

It's in your hands. Define it, keep it, change it when necessary. But don't ever give it up...

Personal freedom is a powerful thing, and it's meant to be protected.

NOTE: You're welcome to share the unedited version of THIS Guidebook Only, PLUS, grab a copy of the corresponding workbook "Creating a Life of Freedom Workbook" [FREE BY CLICKING HERE](https://www.selfesteemtools.com). You're welcome.