

# IDEA Sheet Freedom

**Will you cut off one more chain?  
What Chain is holding you back?**

We all have ideas, circumstances or people that hold us back from our true self and our highest aspirations of who we are and who we are meant to be. Oftentimes, this condition is familiar and we identify ourselves with the restrain. “I will always be this way,” we say, defending our own limitations. We may even fight hard to protect this idea of ourself.

Is it time to break away from a limiting belief or condition? Are you ready to have that last (or that one) chain cut off? It will feel different, it will be different, freedom can be dis-orienting in a way. Relying on our own idea of ourself, being open to roam, to experience all that we are will shift our life. Let’s look at it and give an effort to releasing that chain.

1. I Define myself as: (write down your physical, emotional, mental, spiritual self, your living condition, your favorite possessions): \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



2. The way I see myself is different than the way others see me in this way:\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. When I reflect on who I want to be or what I want to do, the following are holding me back:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_



4. I am prepared to take action on the following aspect in my life to break free:\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

In order to do this, I will need help from:\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

The first action I can take is:\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I will do this first action by:\_\_\_\_\_

\_\_\_\_\_

The feelings I will have in getting started with this are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



When I visualize myself after I break free from this limiting belief or condition, I feel:\_\_\_\_\_

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Spend a few minutes gathering positive feelings about that change.

Spend a few minutes reflecting on the aspects that will require you to navigate your situation.

As an example, if you want to change jobs and you have been holding back for one reason or another, this is now your time. Your first action may be to re-write your resume. You don't need to divulge your plan to anyone at work. Just take action to refresh your resume. Start a plan of where you will look for that next job and begin to prepare yourself for the interview.

Perhaps you enjoy some of the people you work with and are holding back because you are not sure if you will get along with people in a new place. The fear of the unknown may be the last chain to break free.

Take action in your own world. In your mind and on these pages you can describe your ideal job, how much you will make, who you will work for and with, how it will feel to have this new job, how it will elevate your situation, etc.

Design your plan, dream about the outcome and how you will feel in your new “life” and take the necessary NEXT steps to move you in that direction. Break FREE!

More space to take notes:

Read Carol Bradley's book, **The Last Chain on Billie** for additional inspiration.

**visit [www.mymostlife.com](http://www.mymostlife.com) for additional resources and inspiration.**