

IDEA Sheet Freedom

How well do you know...YOU!?

When we sit with our longest known friend, do we know what to say? When we sit quietly do we know what we are feeling? Have we experienced our freedom by knowing who we are? Is our life lived in congruence with who we are, not who we WANT to be, but who we really are?

1. When I am with myself I often wish I could: (examples: write more, cook more, exercise more, relax more) _____

2. The reasons why I wish I could do the above are: (examples: I feel better when I do, I am able to express myself more fully)

3. I have done the following in the past and it has NOT been effective:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

4. The reasons why I have NOT been able to effectively do these things that express more of who I am

is: _____



5. I am prepared to take the following action to express myself and create a new habit of “bringing myself out to play”

1. _____

2. _____

3. _____

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

6. This really feels like the real me and I can't wait to pursue more of this! I am going to visualize: _____

7. I feel the following will really make a difference:

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:

Spend a few minutes gathering positive feelings about who the real YOU is!

Spend a few minutes reflecting on how this REAL you will feel every day. Think about strategies above that you can do each day to “exercise” the real you.

Create a written description of the life you lead, because of who you are:

The REAL you is Freedom!

visit www.mymostlife.com for additional resources and inspiration.