

IDEASheet - Freedom

8 Dimensions of MOST LIFE- Departing

Departing is such sweet sorrow, but so necessary

Welcome to MOST LIFE and this week it's "F" for FREEDOM. We have been exploring the 8 Dimensions of a MOST LIFE, this week, the 7th Dimension, DEPARTURE! It is such sweet sorrow!

This week we look at freedom in a new light, it comes with leaving something behind. What we leave behind might be an old job, an old lover or an old self. Maybe it is something we clung to that defines us.

1. Where is my next opportunity? _____

2. Is there something holding me back? Is it real or imaged?

3. How can I create a big enough why to move past this?

1. _____

2. _____

3. _____

4. _____

5. _____

4. The reasons why I have NOT been able to move forward (depart) in the past is: _____

5. I am prepared the take the following action to move forward for myself and create a new:

1. _____

2. _____

3. _____



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

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

7. The first action I can take is: _____

8. I will do this first action by: _____

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

Spend a few minutes gathering positive feelings about how your departure will serve your next level of personal freedom and self expression.

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 NEW life you lead, because of who you are:

The REAL you is Freedom!

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