



# Free Yourself From What's Holding You Back!

*“The secret to happiness is freedom. And the secret to freedom is courage.”*

*- Thucydides*

We all have a vision of what it would mean to be free—to realize our **biggest, most audacious dreams and live our true purpose**. But sometimes, we get bogged down by the things we think are in the way of our freedom.

Whether it's money, family, time, or just plain old fear, these are the things you've convinced yourself are holding you back from living your best, most liberated life. Are you letting perceived obstacles drive your decisions and keep you from embracing the life you want?

At Health Coach Institute, **we believe freedom begins when you stop complying with the things you think are holding you back**. The truth is, you can do **anything** when you push past your fears and break down all of those barriers and limiting beliefs!

So what does freedom look like to YOU? What are you willing to let go of in order to be free?

This exercise is designed to help you **visualize the life you want, clear out what's holding you back, and find your freedom!**

So let's get started...

## STEP 1

Close your eyes and imagine the freest version of your life. Take a deep breath. Try to pinpoint the sounds, sights, smells, and feelings you would experience in that life. Write it all down—and don't be afraid to get specific. Don't worry if it seems too big or too luxurious or out of your reach. **There is no dream too big!**

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## STEP 2

Now it's time to get creative! Get out some magazines, glue, and scissors, or start taking screenshots from the internet. We're going to build this vision.

Glue (or paste if you're going digital) images that make up your freest life onto a piece of paper. Maybe it's a beach house or a book with your name on it or an open mic at a comedy club. Maybe it's a baby or a retirement plan or a career that allows you to work on your laptop from anywhere in the world. Whatever your dreams, we want you to **build a tangible, visual representation of what your freest life looks like.**

When you're done, hang your vision board up somewhere you'll see it every single day, so you'll always remember what you're working toward.

### STEP 3

That was the fun part—**now it's time to do the work!** Next, we're going to tackle those things you think are standing in your way. Write down 3 obstacles you think are keeping you from true freedom.

**Obstacle 1:** \_\_\_\_\_

**Obstacle 2:** \_\_\_\_\_

**Obstacle 3:** \_\_\_\_\_

### STEP 4

Now write down one small thing you can do this week, this month, and this year to **SMASH THROUGH those obstacles.**

**Obstacle 1:**

This week, I will \_\_\_\_\_

This month, I will \_\_\_\_\_

This year, I will \_\_\_\_\_

**Obstacle 2:**

This week, I will \_\_\_\_\_

This month, I will \_\_\_\_\_

This year, I will \_\_\_\_\_

### Obstacle 3:

This week, I will \_\_\_\_\_

This month, I will \_\_\_\_\_

This year, I will \_\_\_\_\_

## STEP 5

Now it's time to **hold yourself accountable!** Add your action plan into your planner or create reminders in your phone so you don't lose track of your goals. This will keep you consistently working toward your dreams and the freedom you desire.

We hope this has helped you **dream big and clarify your vision for your future.** We promise even the smallest steps can add up to BIG changes in your life! Stick to the goals you've set for yourself and those **small steps will move you closer to freedom.**

We recommend revisiting this exercise every few months as your circumstances change. Take that time to assess your progress and set new goals so you can keep moving towards your **bright and freedom-filled future!**

xoxo,

Stacey & Carey