

9

STEPS TO GAIN **FREEDOM**

incremental **STEPS**

In life, we all at various times will feel trapped or like we can't escape our current situation. For some people there are multiple pressures holding them in place and changing our reality can seem like a truly impossible task.

Below are my 9 steps to achieve a greater level of control over your life and your future... and it starts by looking within.

If you are curious and would like to know how to create your happiest and most fulfilling life (free from self-imposed suffering and pain) then get in touch with me. Let's catch up for a coffee and a complimentary discovery session.

— **Gwen Meyer**

Life Coach | Incremental Steps



9 Steps to Gain Freedom

1. Accept your reality.

Change begins by accepting where we are. Where *you* are, right now.

Our greatest difficulty in life is the hidden assumptions that our minds make. In other words, life is difficult because of our mind's resistance to change. As Scott Peck states in his book "The Road Less Travelled," if you can simply *accept that life is difficult*, then it's no longer difficult.

2. Do some deep self analysis.

Sit down and have a time of introspection. And be honest. Articulate your values, your strengths and weaknesses and understand what's important to you. Discover your purpose, or 'Ikigai', which is a Japanese term for "your reason for being."

3. Identify your desired future, precisely.

Think forward. Based on your current circumstances, try and imagine an overarching vision for your life. Focus on what it is you want to create, achieve or become so that you can see it, feel it, taste it and touch it.

From there, work backwards. Begin to set goals – *specific* goals. And it's important that you make sure they are just right for you. Choose ones that feel achievable and that resonate with your heart and mind.

4. Prioritise. Create a crystal clear focus.

Once you have a list of goals, it's time to pick a focus. Choose which goals you can focus on *today*. What can you achieve this week?

Be careful. We can all veer off the path and get distracted by life. If you do, then repeat steps 1-4 and re-focus.

5. Map out an action plan.

The hardest part is always starting.

Your first little step may feel impossible, but there's no way around it. You'll have to decide to start sometime, and you'll never feel ready.

Take incremental steps, and do one or two each day *towards your goals*. Remember, slow progress is still progress.

6. Learn your subconscious behaviour.

We all have patterns of thinking and automatic behaviors that are invisible to us – we do things that we're not even aware of!

But we can become aware of them. Try to learn how your subconscious mind works. The more aware of your automatic thoughts, beliefs and habits, the easier it will be for you to change them.

7. Disconnect from your negative past.

Our thoughts create our emotions which are then *hardwired* into our mind. What we think about over time, *literally determines the shape of our mind*.

And did you know that most of us have 90% of our thoughts based in (or on) the past? We all have negative memories that we dwell upon in our minds that are an obstacle to us moving forward.

So, now that you've started moving, it's time to drop all the negative thoughts and emotions that are slowing you down. Michael Singer, in his book *The Untethered Soul* calls it "letting go."

It can be extremely hard, but this is an important decision you'll have to make for real change to happen. In the face of the stresses of your current stresses, you won't do yourself any good to react, feel agitated, or raise your blood pressure. So, just let them go! Stop dwelling upon those parts of your past and you'll move forwards in leaps and bounds.

8. Rehearse your desired future.

The best way to predict your future is to create it in your mind! Not from the known but from the unknown. Not from your current reality, but from your desired future.

Meditate *at least* 15 minutes per day, in whatever way resonates best with you. What thoughts do you want to fire and wire in your brain? What behaviors do you want to demonstrate in one day? The act of closing your eyes and mentally rehearsing the future you want, is hugely powerful.

Our brain does not know the difference between what you're imagining and what you're experiencing in the 3D world.

So, by mentally rehearsing your desired future you begin to install the neurological hardware in your brain to make it believe your desired future is already here.

Which leads me to my final point...

9. Behave as though you've already succeeded.

Feel your future as though it were here. Teach your body – emotionally – what the next few years of your life will look like before your experience it.

With your goals clearly defined, and change already happening, also start behaving as though your desired future was already here.

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If you can consistently do these 9 steps, you'll be able to WATCH YOUR LIFE CHANGE in a way that will amaze you ... and those around you!

— **Gwen Meyer**

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