



# 7 SECRETS to living more

# freely

FREE GUIDE

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## *7 Secrets to Living More Freely*

We all face tremendous pressure living in this world. And this pressure holds us back from living more freely.

It's tough to be free when we have so many eyes watching us, judging us, criticizing us, and telling us what to do and how to be.

I get it. It's hard and it's exhausting trying to live up to the world's expectations. It's hard to be perfect all of the time. It's hard to upkeep the required image that will grant us acceptance into a certain group. It's hard to compete with others, and it's hard to keep up with all of the social standards. It's hard to make authentic decisions when you get ridiculed if you decide to do something out of the box.

### **Some pressures we deal with:**

The pressure to be like everyone else, to do what everyone else is doing, to be accepted, to be liked, to be approved of, to fit in, to be successful, to have lots of money, to be "somebody," to be accomplished, to get married, to get a good job, to live the perfect life, to have lots of things, to have a big house, to have kids, to go to college, to look pretty, to be skinny, to be a good parent, to work hard and anything else that makes life heavy.

We can't be free when we're constantly living under this heavy pressure.

These pressures that we experience ultimately stem from a deep feeling of inadequacy; not feeling that we are enough the way we are. So in our quest to gain love and approval from the world, we bury ourselves in trying to do everything perfectly which inevitably creates tremendous pressure in our lives.

The flaw with this whole approach is that we are looking for the world to give us the love that we need to give ourselves. We are putting the power into our external environment to decide our own worth.

So in this guide, you will learn 7 secrets to living more freely.

The first thing you need to do is:

**ACCEPT THAT THE ONLY APPROVAL THAT YOU NEED  
IS YOUR OWN.**

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## 1. Shift your paradigm

Your reality and the way you experience life is based on your beliefs (or your paradigm). So if you believe certain things about life, then that is how you will see and interact with it.

For example, if you believe that you are stupid, then you will avoid learning a new skill because based on your beliefs, you believe you won't master it. If you believe that your parents hate you, then you will never try to get close with them because you think they don't want anything to do with you. If you believe in aliens, you might see some in the sky.

Your beliefs determine your thoughts which determine your actions. Often times, our beliefs are very flawed and are based on irrational assumptions that we believe are the truth.

So if you truly want to be free of the pressures of life, you have to change what you believe to be true about life, true about what you should and should not do, and true about who you are. All of these beliefs, usually based in fear and lack, create the pressures that you feel throughout your life. Most of them are irrational and unreal. Change your belief system so that it aligns with the highest and most truthful perspective and then adjust your behavior to support this perspective. The next step will go into more detail about this.

Here is a beautiful quote to sum that all up for you:

*"Whatever you hold in your mind will tend to occur in your life. If you continue to believe as you have always believed, you will continue to act as you have always acted. If you continue to act as you have always acted, you will continue to get what you have always gotten. If you want different results in your life, you must first change your mind."*

*-Joyce Meyer*

*BEFORE WE CONTINUE: I understand that you will not be able to transform your beliefs or apply the practices I offer over night. That is not the goal of this guide and that is not how life works anyway. Things you truly desire (like freedom) take time. Let this guide be just that, a guide towards where you need to go. Let these insights serve as principles to live by rather than a list of quick strategies that you'll forget about tomorrow. Let this BE your way of life so that you never have to let the pressures of life hold you back.*

## 2. Trust that you are a spiritual being in a physical body

When you trust that there is more to life than just this physical reality, you will release so much of the burden that gets associated with the physical world. Any pressure from life that keeps you stuck is associated with the physical need to be "this" or "that." At an essential, spiritual level, none of this matters. Your soul does not care about what college you went to or how stupid you look when you dance; all it cares about is how in touch with it you are.

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You also have to trust that life has no intention of hurting you. When you have a bad day, or go through a series of bad experiences, that is not life's way of punishing you. It is simply life's way of giving you an opportunity to learn and grow from the experience. Your soul attracts whatever can best help it evolve. The pressures that you face in your life are all chances to go within, self-reflect, and awaken to who you truly are.

When you believe that life is here to help you and not hurt you, you start working **with** life to face challenges rather than against it in blame, resistance, and anger. The road to peace and freedom when you work *in collaboration* rather than in competition with life is much more powerful, smooth, and rewarding.

When you are able to live aligned with this spiritual perspective, you don't really feed into the drama at your workplace, complain about things you can't change or control, or worry about how future events will turn out. You just know, accept and trust in a deeper side of life where these matters don't really matter because they are not part of your essential being. This alone brings an abundance of peace into your everyday life.

This spiritual aspect of life unfortunately does not get embraced in our society, so this is one of those things that you will have to courageously explore on your own.

But personally, this is the ultimate, number one thing that has allowed me the ability to live more freely because it helps me remember that most of my worries and problems are rather trivial compared to the big picture.

Speaking of the big picture....

### 3. *When feeling stuck, stressed, anxious, remember the BIG picture*

This is seriously something that I do EVERY time, in THAT moment, that I feel stressed, anxious or under pressure, as it gives *immediate relief*. When you're feeling super stressed or under pressure to finish a task, get to work on time, in a conflict with a co-worker or can't get something done the way you want, remind yourself of the BIG PICTURE. Say to yourself: "what is the worst that can happen if I fail, am late, or don't do a perfect job? What is the worst case scenario?" And you'll realize, that the worst case scenario is usually not that bad.

When you focus on the big picture, you realize that you are much bigger than this issue or situation. You realize that this situation is actually rather trivial and in the bigger scheme of things, it doesn't hold much weight. Realize that your identity, *who you are*, is not defined by this problem or situation, so whether you win or lose, it is not who you are; don't get so attached to the outcome. Try to remember that this feeling and issue is only temporary

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and will eventually pass. Remember that this pressure is created in your head. Remember that these pressures are part of the physical world only, not the spiritual, and so they are just a fragment of the truth. When you remember where we are in the universe, just a small little dot, the significance of your problems start to fade. Remember that you are not alone. You are not the only one who feels this way. Remember that life is on your side. If you ever need comfort, safety, love, answers, and guidance, know that the universe has your back.

Remember that everything that happens to you is here to help you grow and evolve. When you remember the BIG PICTURE in moments of stress and pressure, they will start to diminish in power and you will feel an immediate sense of peace and calm, and therefore freedom.

Here is a great quote to remember when you are feeling distraught:

*"If small things have the power to disturb you,  
then who you think you are is exactly that: small."  
-Eckhart Tolle*

### 4. *Forgive and let go*

Living this life brings with it lots of pain, heartache, and emotional chaos. However, if we go through life carrying this heavy weight with us, unwilling to let go of the past and the bad things that happened, we will never be free.

So we have to forgive. We have to forgive our past, we have to forgive the people who have hurt us, and we have to forgive ourselves for not always being the best at everything. Without forgiveness, we live enslaved to the grudges that we hold and the anger that we carry within us. We must let go of the past, so that we can move into a better future. And remember, forgiveness is not about those you forgive. It's about you. Forgive for *yourself* so that you can be free. In my workbook "Unlock Your Inner Rebel: A Guide to Limitless Living," there is an exercise that guides you through this process.

When you let go of the need to fit the mold and do things in a way you've been conditioned to, you start to feel like yourself again, free to live life your way. So let go of the need to conform, to be perfect, and to be like everyone else, and instead focus on how you can fulfill YOURSELF at an essential level.

### 5. *Understand that YOU are the creator of your mental limitations*

The pressures and limitations you feel are ultimately created by you. **You** give these limitations power by letting them control you. It's all in your head. They are not real. The pressure to fit in, to be on time, to be super woman, to have a spotless house, to have perfect hair, to be funny, to be liked by others, to do everything flawlessly, to have your family accept your choices...are all limiting ideas you put in your head.

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The moment you decide to let go of that and say “I no longer need to fit in, have perfect hair, be super woman, and have my dad approve of my decisions,” is the moment you start to change your reality.

A lot of the limitations that you have are based on a flawed belief system that you live by. You have to remember that your limiting beliefs are not your TRUE BELIEFS and they are not who you are.

Again, this comes back to the 1<sup>st</sup> point. What you believe is what shall be. So recognize the amazing power you have within you to choose your own beliefs! To choose however it is you want to see the world! You were born with this free will; don't be afraid to use it!

### *6. Don't take people's judgments of you personally*

When people judge you, criticize you, or hurt you, they are operating from their own reality...from their own perspective. So how they see the world, gets reflected in their actions. If they see the world from a negative perspective, then they will see other people in a negative way as well.

So when people judge you or call you names, it isn't that you are actually those things, but rather is just how they see you through their own limited lens. What people think of you has nothing to do with you so don't take it personally. You are simply a trigger for their own emotional pains that they then reflect back onto you through their actions. Remembering this perspective every time someone is being critical of you is what will free you from being affected by their opinions. For more on this, read my blog [“How to Let Go of Your Fear of Being Judged.”](#)

### *7. Let go of the need to follow social norms, rules and traditions*

A lot of the pressures that we face come from having to follow society's rules, norms, standards, traditions, and ways of being. When we live in this mindset that we must conform to all of these unwritten standards set forth by society, we become prisoners to them.

Think of some of the unwritten norms, rules, beliefs and traditions that you follow and ask yourself “why do I do this? Does this mean anything to me? Does this make me feel good and excited, or does it drain and stress me out?” And then give yourself permission to THINK FOR YOURSELF and not follow them. Let go of those rules and traditions that do not serve your truest desires. Read my blog: [“5 Social Norms You Should Break to Stay True to Yourself”](#) for more on this topic.

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