

HOW CULTIVATING PERSONAL FREEDOM CAN TRANSFORM YOUR LIFE

212-Careers



Embracing personal freedom can genuinely change your life. It can deliver any change you desire. If you question this, think about how many things you've accomplished that started with nothing but a wish. You fed the flames of desire, and it became a belief. You honestly believed you could make a change in your life. Then you took action, and what seemed impossible was now a reality.

That's What Happened with British Runner Roger Bannister.

Bannister was the first to run a mile in less than four minutes. He accomplished this at Oxford University's Iffley Road Track. Scientists, physicians, and other experts in human capabilities had previously stated that such a feat was physically impossible. The human body would stop working before a sub-four-minute mile.

When people who are considered leaders in their fields all agree that something is impossible, most people tend to believe them. They are the smart people, after all. Why shouldn't we believe them? The problem with those ideas about the physical impossibility of running a sub-four-minute mile is that Roger Bannister didn't care.

He chose to embrace personal freedom and believe in his own ideas. He had seen the world record time for running a mile improve decade after decade, year after year. Why should it stop getting better? Did the universe or some unseen entity randomly choose four minutes as the fastest a human being would ever run a mile?

He knew the answer to that. It was silly to believe that as athletes became healthier, stronger, and faster, no one would ever realize this achievement. Something else led to Bannister being the first to run a mile in less than four minutes.

Roger Bannister Didn't Train Like Anyone Else

Once he embraced his belief and decided to place his confidence in his abilities freely, he looked at how other runners trained. His regimen became totally different from others. He trained by himself rather than with other runners. People used to make fun of him at the time.

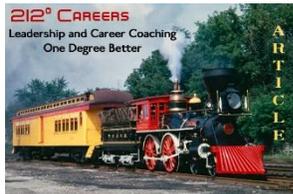
Personal freedom is all about taking control. You decide what you will do and how you will live your life from day to day, rather than relinquishing important decisions to others. That's what Bannister did, and he eventually accomplished something that the supposed "experts" said could never be done.

Guess what? His world record only lasted 46 days.

In all of humanity, it took until 1954 for a human being to run a mile in less than four minutes. Then, once other athletes saw it was possible, they bought in mentally. They decided to think freely for themselves instead of believing what the so-called experts had been saying about the possibility of such an accomplishment. It wasn't long before a sub-four-minute mile was relatively commonplace.

What Changes Do You Want to Make in Your Life?

We all want to change somehow, but how badly do you want big new things to be a part of your life? What are they? What do you wish were different? Embrace personal freedom. Start deciding the direction your life is going to take. Don't worry about what "they" say. Take back a little more control every day over your life. When you decide to enjoy more personal freedom of choice and action, you may not change the world as Roger Bannister did. But you can certainly change your life.



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