

ÜNDERSTANDING PERSONAL FREEDOM A STARTER GUIDE

212-Careers



What does personal freedom mean to you? To some, it might mean nothing more than doing nothing for an entire day. That sounds like paradise to a lot of folks. We live in a world that always seems to have us connected to technology and meeting the demands of our jobs, friends, families, and whatever the fickle finger of fate decides to throw at us.

If you love your job, you enjoy a sense of freedom that many people don't. Many will tell you that they feel anything but free and liberated when they go to work. Some are stuck in relationships that have them feeling unfulfilled and unhappy. Financial issues, drugs, alcohol, gambling, and sex sometimes rob people of their individual freedoms.

They treat emotional issues with these and other addictions. True liberty to them would be freedom from desires and behaviors they know are ruining their lives, yet they feel helpless to make the necessary changes.

Whatever personal freedom means to you, we would like to share a few proven ways to experience more of it in your life. Here are three empowering practices that give you more control over your life so you experience more personal freedom.

To Live on Your Own Terms, You Have To Know What Those Terms Are

Take some time to list your values and beliefs. What is truly important to you? What do you hope to achieve in this life? Freedom means living on your own terms. You can't do that unless you know what those terms are. Spend some time on this exercise. Discover who you truly are within. Then, start investing a little time each day, creating a life according to your desires and beliefs.

Stop Looking for the "Perfect Time"

Perfection very infrequently exists in the human condition. Couple that with the fact that your entire existence is only comprised of a fleeting present moment, and you realize that waiting for everything in the universe to align perfectly for you to take action is senseless.

There is no better time than the present.

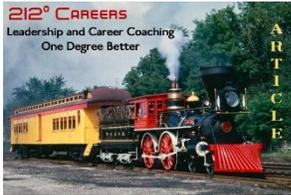
That is the most accurate statement you will ever read. The past doesn't exist anymore. The future never gets here. We only have this moment in time. Embrace it. Go after your dreams right now, today. Don't wait until tomorrow. Stop waiting for the perfect time to start living the life you know you deserve.

Stock up on the Garlic

Garlic is a folklore remedy for vampires. They evidently hate the stuff. You will never enjoy the personal freedom and fulfillment you deserve if you don't remove the emotional vampires from your life.

It can be tough to divorce yourself from people who have been a part of your life for so long. Sometimes, that's what you have to do. It's your choice. You can live emotionally drained, feeling negative and defeated most of the time, or you can remove the people from your life that make you feel that way.

Personal freedom is a choice. That means you have to seek it out. Don't just hope it happens. The tips we shared can give you more control, fulfillment, and freedom. You deserve nothing less than that. Remind yourself that you are worthy of every beautiful thing you want out of life and then start living a life that aligns with those rewards.



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