Recover Your Freedom™

WEEK 6 - Experience more passion and purpose

Write out as many activities, things, people, places, etc. that bring you joy when you do them. Really allow yourself to be free with your answers. Think about what makes you smile, or what you used to do as a kid that you loved. Then pick one from the list that you will commit to adding more of into your life.

"The great and glorious masterpiece of humanity is to know how to live with purpose." Montaigne