

# Recover Your Freedom™

WEEK 7 - Rewrite your story and live life your way.

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Write out a list of how you want to feel moving forward in your life, for instance - freedom, spontaneity, energy, etc..

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## **YOUR IDEAL DAY**

Since you can create your life the way you want, what would a ideal day look and feel like? Get as detailed as possible and go as far or close to how you are currently living. What time do you wake up? Who are you around? Where do you work? What time do you come home? What do you eat? How do you feel while doing these things?

Stretch your mind to break free what you currently do and let yourself create something brand new. Allow yourself to dream and envision what would make you feel good.

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