

From fucked to freedom

Freedom is an inside job

When you're not free on the inside you're not free on the
outside

I'm not talking about getting to some magical place where
nothing bothers you

You ain't Buddha

It's about being in your power, the light more than the dark
unlike the majority of people who spend most of their time
in the dark because they're not observing their thoughts,
their way of being and they don't realise they are the cause
of their unhappiness

That ain't you which is why you're here

#behernow



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What does freedom mean to you?

What thoughts do you need to be free of?

Stories?

Emotions?

Beliefs?

Habits?

Validation / approval from other people?

Think - everything that is sabotaging you in showing up fully in your purpose led business

What do you need to do that's going to give you more freedom?

Think - the things that you're procrastinating on - the work you need to do to show up in your purpose led business

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What do you tell yourself you HAVE to do that's pissing you off and needs to go?

How would it feel to be free of the things that are holding you back and dragging you down? What would it mean?

How would it feel to start doing the things you procrastinate on that will give you the freedom to be YOU?

What will it mean about you if you don't do these things?

What will it mean about you if you do?

What will it mean to you to be free of all that's holding you back and dragging you down this time next year?

What do you need to do NOW to be free of everything you've uncovered here?

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When in your life do you feel the most free?

What are you doing?

How do you feel?

Where do you feel the most trapped?

If I was free from the thoughts, stories, beliefs emotions
that weigh me down I would.....

I would feel.....

If I was free from caring what people think about me I
would.....

I would feel.....

#behernow

Your next step to get there FASTER

You did this because you aren't most people

You don't want to live like most people

Because you took responsibility for you, your life,
your outcomes

Because you're a fucking powerhouse!

If you're ready to go deeper into this work with me by
your side and get the outcomes you want quicker
than you would alone, go here:

4 month private coaching:

<https://terrikearns.com/privatecoaching/>

Book a Voxer day with me:

<https://terrikearns.com/voxerday/>

And don't forget, the quickest way to get where you
want to be is to [#behernow](#)