

OUR TRUTH CAN BRING US **FREEDOM FROM...**

FREEDOM FROM mediocre relationships

Freedom from family drama

FREEDOM FROM UNINSPIRING CAREERS

that might pay the bills but don't feed the soul

FREEDOM FROM false friendships

FREEDOM FROM TRYING TO OUTFRAN the difficult questions

Freedom from the **UNATTAINABLE BAR OF PERFECTION**

Freedom from the judgmental eye roll from anyone for anything

Freedom from the approval of others for our own self-worth

Freedom from putting on **THE MASK EVERY DAY THAT HIDES OUR TRUE SELVES**

Freedom from self-loathing, ESPECIALLY ABOUT OUR BODIES

FREEDOM FROM THE EGO-DRIVEN RACE TO NOWHERE

Freedom from PLAYING SMALL

Freedom from believing that our job title MAKES US VALUABLE OR IMPORTANT

FREEDOM FROM DRAGGING OURSELVES OUT OF BED IN THE MORNING

FREEDOM FROM CARING ABOUT **WHAT OTHERS THINK**

FREEDOM FROM THE LIES ABOUT OUR BEAUTY

Freedom from believing that self-care is self-indulgent

FREEDOM FROM the thought that we're somehow not enough

FREEDOM FROM THE LABELS OTHER PEOPLE **PLACE ON US**

Freedom from the belief that we have to **FIX OR CHANGE ANYONE**

Freedom from acquiring more **STUFF TO FILL** our emptiness

FREEDOM FROM EXPECTING **our parent to become the person WE NEED THEM TO BE**

FREEDOM FROM THE SHACKLES OF COMPARISON