

FREEDOM IS...

FREEDOM IS
LIVING
INTENTIONALLY

FREEDOM IS TAKING A
DEEP BREATH

Freedom is
**FORGIVING -
AGAIN & AGAIN**

Freedom is feeding
OUR PASSIONS

FREEDOM IS
finding the career that
both pays the bills and
FEEDS THE SOUL

Freedom is dropping that
BAR OF PERFECTION

Freedom is answering
every question with love | Freedom is filling emptiness with
JOY RATHER THAN THINGS

FREEDOM IS CONNECTION AND COMMUNITY

Freedom is a deep inner knowing of
OUR OWN SELF-WORTH

FREEDOM IS OWNING OUR TRUTH

FREEDOM IS NEVER
PLACING SOMEONE
ELSE'S OPINION HIGHER
THAN OUR OWN

Freedom is
**GRATITUDE
FOR THE
LESSON**

**Freedom is embracing our
beautiful imperfect selves**

Freedom is letting
life come to you

Freedom
is giving
ourselves
permission
to be happy

Freedom is owning
& expressing our
BEAUTY

FREEDOM IS STANDING IN OUR POWER

Freedom is knowing that
WE ARE ENOUGH

Freedom is allowing others to really see us

FREEDOM IS
**RELEASING
THE NEED
FOR DRAMA**

Freedom is knowing where
OUR REAL BEAUTY LIVES

Freedom is
THROWING OUT THE MASK

Freedom is
**CARING MORE
ABOUT WHAT
I THINK OF ME**
more than what
others think of me

Freedom is answering the
DIFFICULT QUESTIONS

**Freedom is knowing
that every person in
our lives is a teacher**

Freedom is holding the difficult parts
of our lives with **LOVING CARE** | Freedom is moments of quiet
to hear our own inner voice

**FREEDOM IS
failing with
GRACE**

Freedom is **NEVER PLAYING SMALL**
to make others **MORE COMFORTABLE**

Freedom is
**UNLOCKING &
KICKING-OFF**
those shackles
of comparison

Freedom is
**BEING FULLY
PRESENT** | Freedom is practicing self-care
and **LISTENING TO OUR BODIES**

**FREEDOM IS LIVING ABUNDANTLY
AND UNAPOLOGETICALLY**

Freedom is **SURRENDERING**
our attempt to **CONTROL**

Freedom is living authentically

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