



## Experiencing Freedom

We experience a feeling of freedom when we remember the attributes of people who have hurt us.

We experience a feeling of freedom when we feel rich, no matter how much money we have.

We experience a feeling of freedom when we maintain our courage and self-empowerment, when victimized.

We experience a feeling of freedom when we know that by doing right, we cannot go wrong.

We experience a feeling of freedom when we relinquish any and all shame.

We experience a feeling of freedom when we are not attached to an outcome.

We experience a feeling of freedom when we admit we are jealous, and use that feeling to better ourselves, rather than resenting another.

We experience a feeling of freedom when we accept what is out of our control.

We experience a feeling of freedom when we have a problem and automatically look for the solution.

We experience a feeling of freedom when we don't care what others think of us.

We experience a feeling of freedom when we see our mistakes as lessons and opportunities for growth.

We experience a feeling of freedom when we have no problem making amends for our errors.

We experience a feeling of freedom when we are comfortable speaking our truth.

We experience a feeling of freedom when we keep our integrity intact.

We experience a feeling of freedom when we respect those different from us.

We experience a feeling of freedom when we do not compare ourselves to others.

We experience a feeling of freedom when we love for the sake of loving, not being loved.

We experience a feeling of freedom when we accept that, at times, we must be flexible.

We experience a feeling of freedom when we maintain our humbleness, and quell our ego.

We experience a feeling of freedom when we focus on what we can do something about.

We experience a feeling of freedom when we concentrate on gratitude and gratefulness.

We experience a feeling of freedom when we don't need to be popular.

We experience a feeling of freedom when we get creative and inspired when depressed.

We experience a feeling of freedom when we stay in faith and optimism under trying circumstances.

We experience a feeling of freedom when we finally reach true forgiveness.

We experience a feeling of freedom when we accept that we can never change another, only ourselves.

We experience a feeling of freedom when we are discerning involving people and situations.

We experience a feeling of freedom when we are true to our weak points as well as our strengths.

We experience a feeling of freedom when we see some of our fears as wisdoms.

We experience a feeling of freedom when we take good care of ourselves.

We experience a feeling of freedom when do not let anything happen that would diminish our self-respect.

We experience a feeling of freedom when we view our defeat as a stepping stone to our eventual victory.

We experience a feeling of freedom when we never fail to try.

We experience a feeling of freedom when we commit.

We experience a feeling of freedom when we turn a confusion into a certainty.

We experience a feeling of freedom when we respond, rather than react.

We experience a feeling of freedom when we know that feeling free is an internal job, not an external one.