

ILIA GRACE'S FREEDOM FRAMEWORK

F FOCUS ON YOUR VISION

Think about what it is you really want and get clear on what that looks like for you. How does it fit into your life and the lifestyle you want to be living? If it helps, ask yourself these questions:

- What does a day in the life of my future self look like?
- What's one small change that would mean a lot to me?
- Why is this change important to me?

R REDIRECT YOUR THINKING

If doubt, indecision, or self-sabotaging thoughts start to creep in, remember why you want what you want. If you have to redirect your thinking several times a day, do it and commit to doing it as many times as it takes to stay focused on what you really want.

E ESTABLISH BOUNDARIES

Everyone around you has expectations as to who you are and how you're supposed to act. When you begin to change, people around you will have a difficult time with it. Most people don't like change. And if they can accept change, they may not want to accept it on your timeline. Make sure you get really clear on what you want and what that means in terms of how you're going to show up differently for yourself and with the people around you.

E ELIMINATE OLD PATTERNS

Take a good honest look at your life and ask yourself these questions:

- What have you been doing that's no longer working for you?
- How have you been self-sabotaging your own progress?
- What thought patterns or behaviour patterns are keeping you stuck?

D DESIGN NEW PATTERNS

How can you take what's not working and either eliminate something that's not working or start something that would have a positive effect on your life?

O OPEN UP TO POSSIBILITY

When we remember that we're not the greatest power there is, and we open ourselves up to the universe, we allow for wonderful, unexpected, welcome circumstances, opportunities and possibilities to arrive. Don't force life into submission. Let Life breathe, trust the universe, and be open to what can happen.

M MEET LIFE WHERE YOU'RE AT

Start where you are. Start now. And dive into life like it's the one and only one you've got. We think we have all the time in the world, but no one's getting out of here alive. So, make the most of this moment, these days, this time, now.