

# Cheat Codes: Taking Control of Your Life

Here is a concise list of practical things you can do to regain control of your life, experience real freedom, and essentially make this world a much more joyous place.

## ***DIGITAL CLEANSE:***

- Reduce your screen time.
- Turn off the news.
- Take a break from social media.

## ***PHYSICAL CLEANSE:***

- Go outside and get some fresh air.
- Prepare your own meals.
- Be more active.

## ***EMOTIONAL CLEANSE:***

- Talk to people.
- Count your blessings.
- Pray for your enemies.

## ***PERSONAL CLEANSE:***

- Increase your tolerance.
- Help someone who needs it.
- Live beneath your means.

Those are twelve simple things you can do to reverse the exhausting uphill battle against the proverbial “elephant chain”—the *belief* that you are stuck, trapped, powerless, or incapable. When you release the burdens of life that are weighing you down, your energy is contagious. That is real freedom.

If you’re already in the habit of embracing one or a few of these suggestions, you already know the freedom it brings. Try another one and see how that transforms your life even more. Rome was not built in a day. Any effort, no matter how minuscule, is monumental.

Break that elephant chain.