

FREEDOM RITUAL STEPS

Discover a simple yet powerful
3-step process

Key Steps in Ritual

Breathe Space In - 1 minute

1. Sit or stand tall.
2. Inhale through your nose for 4 counts
3. Exhale through your mouth for 6 counts, letting any pressure, shoulds, or obligations melt off your shoulders.

Whisper to yourself:

"I am free to choose how I move through today."



Reclaim Choice 1 min

Ask yourself:

1. What feels most aligned right now?
2. What can I release or reschedule that isn't?
3. Jot one quick note or adjust your to-do list.
4. The key: **One conscious choice = instant freedom.**



Anchor the Feeling 1 min

1. Place a hand on your heart or solar plexus.
2. Picture golden-blue light expanding through your chest light that says, **"I decide what freedom looks like."**

Affirm:

"I move through my life with flow, creativity, and ease. Freedom isn't a goal it's my way of being."



Daily Integration

Play a song that makes you feel wild and alive while you open your laptop.

Step outside for one full breath of real air before every meeting.

End your day by writing one line in your journal: "Where did I feel free today?"