



Discover Your Personal Freedom: A Guided Reflection

***Define what freedom means to you –
one small moment at a time.***

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Welcome!

This isn't a "fix your life in 30 days" kind of thing. It's more like... make a cup of tea, take five minutes, and gently loosen what's been feeling tight.

**Use this workbook to define what personal freedom means for you
- in 5 easy steps.**



Step 1: Define What Freedom Feels Like

What does freedom mean to me?

- It feels like... - It sounds like... - It gives me space to...

Example:

- It feels like space to think
- It sounds like silence or birdsong
- It gives me space to move how I want

Three small things that help me feel free:

Example:

- Not checking my phone first thing
- Finishing my tea before it goes cold
- Having an unplanned hour in my day



Step 2: Let Your Mind Wander

Where does your mind wander when it's free to roam?

- I feel drawn to...
- I often dream about...

My random thoughts :



Step 3: What Would You Miss?

Imagine your life suddenly changed—what freedoms would you miss the most?

If I couldn't do it anymore I feel lost:

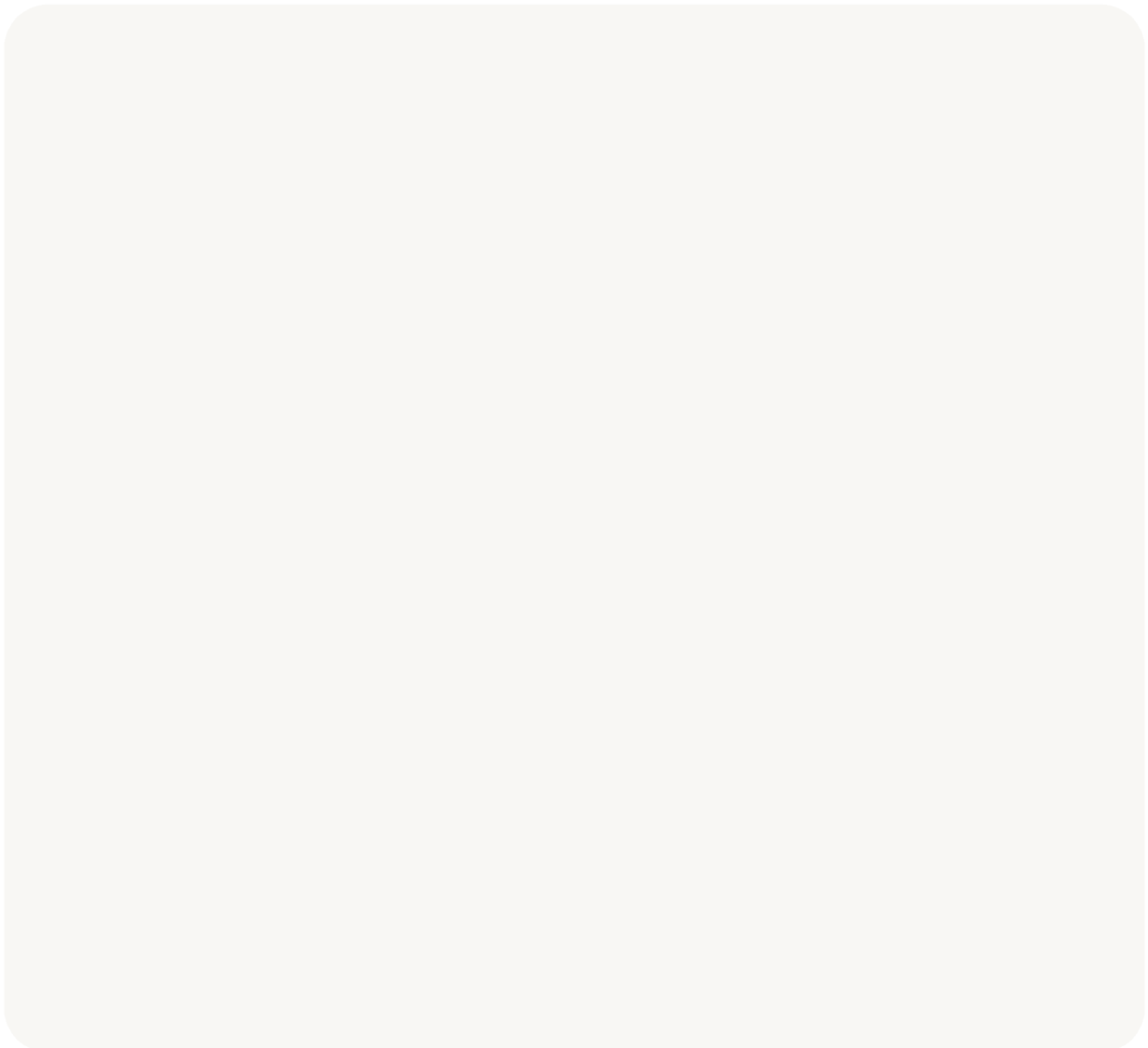
I've taken this for granted, but it brings me joy:



Step 4: Sensory Freedom

Freedom often shows up in the little things. What sensory experiences make you feel most yourself?:

- Sounds that lift me?
- Smells I love?
- Textures or visuals which bring me joy?

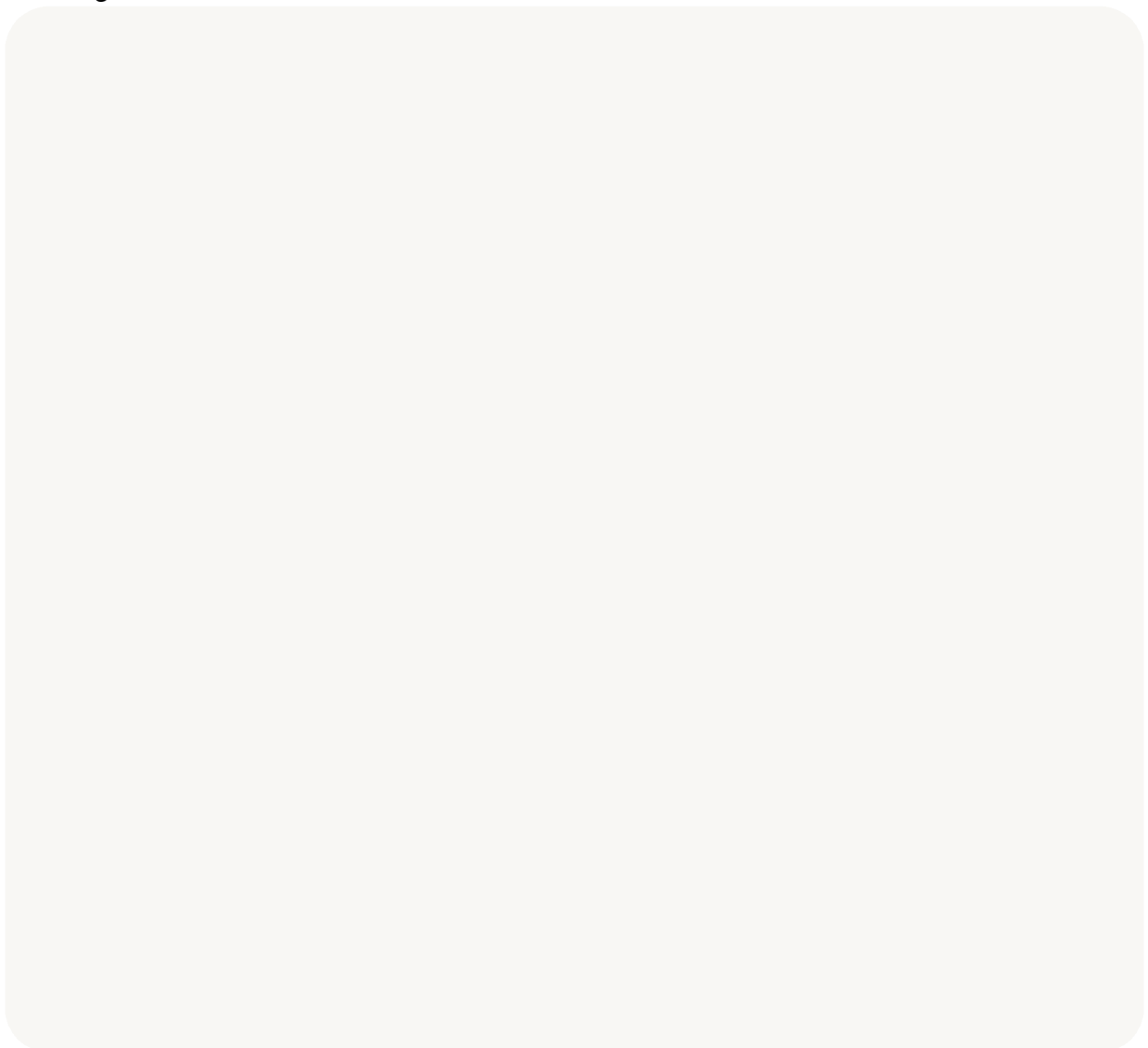


Step 5: Write Your Freedom Statement

Now, bring it all together. What does personal freedom look like for you right now?

Use 3-5 sentences to describe your current definition of freedom. Think: feelings, choices, lifestyle, boundaries.)

My Personal Freedom Statement:



Great Job!

You've made it to the end of the workbook!

Don't forget, the knowledge goes beyond the workbook. The secret is applying your knowledge by taking action.

Want to learn more?

Check our blog - www.StrawberryMintTea.co.uk