

Feeling Free in 2023

50 Ways I Find Freedom





















My wish for you in 2023 is to find and feel whatever it is that makes you feel FREE. To provide you with some inspiration, I've created this list of what makes me feel free.

Your responsibility is to enjoy whatever it is that makes YOU feel free.

Browse my list, add some ideas of your own, and then be sure to reserve a slot in your calendar every 1st and 3rd Friday of each month in 2023. In that slot, write something that reminds you to feel your freedom and honor the everyday joyful moments of your life.

Here's to feeling free in 2023!

Tammy

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| Dance to my favorite tune  | Ride a motorcycle through nature  | Take a day off without an agenda  | A 10-minute cup of tea in a fancy teacup  | A 5-minute essential oil break  |
| A 10-minute essential oil bath  | A brisk walk in nature  | Daydream while cloud gazing  | A 5-minute deep breathing break  | A glass of wine with a friend  |
| Clean up my space  | Weekend getaways  | A quiet weekend at home  | Dinner with my loved ones  | Write in my journal  |
| Write my fears or worries and burn them  | Make time for my healing rituals  | Sing while I do busy work  | Greet the morning with gratitude  | Color my prayers and desires  |

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| <p>Paint free style with no plan</p>  | <p>Walk along the beach</p>  | <p>Swim in nature's waters</p>  | <p>Daydream about my Superpowers</p>  | <p>Wear beautiful jewelry, scarves, etc.</p>  |
| <p>Wear clothing that reflects my inner world</p>  | <p>Reminisce about the good old days</p>  | <p>Listen to some raging music</p>  | <p>Have a picnic</p>  | <p>Self-pleasure or great sex</p>  |
| <p>Celebrate Thanksgiving Day</p>  | <p>Lie in darkness</p>  | <p>Observe animals in nature</p>  | <p>Explore new terrain</p>  | <p>Explore cities or small towns</p>  |
| <p>Gaze at the moon and the stars</p>  | <p>Relax in the sun</p>  | <p>Learn something new and fun</p>  | <p>Prepare and eat a sacred meal</p>  | <p>Movie marathons</p>  |
| <p>Read engaging stories</p>  | <p>Tubing down a river</p>  | <p>Play my drum</p>  | <p>Use my Tibetan Singing Bowls</p>  | <p>Roller skate</p>  |
| <p>Dance with my tambourine</p>  | <p>Workout and feel the exhilaration</p>  | <p>Change my sheets</p>  | <p>Teach a class</p>  | <p>Watch my choreography being performed</p>  |

ADD YOUR OWN IDEAS BELOW

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