**What Freedom looks like**

 **Just exactly what does it mean- “to be free” ?**

**This study is not about the value for self**

 **that a person let go of.**

**This study is about the core values**

 **that a person holds on to.**

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Unit One: What freedom looks like --- 1

Freedom: Use words to define what freedom looks like from looking at yesterday and probabilities of tomorrow.

Yesterday and what was brought into my life Tomorrow and what it will bring into my life.

-Disappointments - opportunities

-Heartache - challenges

-Problems - trials

-Pains - tests

-Pressures - requirements

-Losses - authority

-Lies - submissions

-Shortages - provisions

Question: Will tomorrow look like yesterday? OR- Will tomorrow be a better day than yesterday?

 Unit Two: What Freedom Looks like— 2

 If I do not understand what freedom brings to me. If I understand what freedom brings to me.

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I get – Disappointments: I get opportunities:

 As an Example:

Not resourceful Yesterday Tomorrow what a job brings into

 To be turned down Opportunities? My life

Not content – what was brought into what will be brought -money - resources

(literally no our life into my life become resourceful

 Resource)

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No responsibility-

Never an owner of attached to debt, no home opportunities ? security - peace

Any wrongs: homeless, court debt to earn, to move, job contentment

Just blame others past due on rents, challenges, trials stability

 no transportation I need to solve problems resourceful

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Remedial lifestyle guilt from past failures skills – knowledge have achievement at best:

Step one, step one Disappointment = quit

Step one, step one…. Then: Take tests -better quality of life

 Survival mode meet requirements

 “street is where I belong character- discipline

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It is not that I can’t It is that I will not conform Life is under control

 afford

no references no credibility I have solid referrals: I have provable quality

 No self-respect no Confidence— of life

Unit three: What Freedom looks like - 3

 If I do not know what freedom is and how to have freedom in my life:

If yesterday brought heartache …..then….. tomorrow will bring challenges

Heaviness from what I carry with me ….then…. heavy becomes painful -- I can’t carry the load

 Not resourceful= no support how do I get others to carry my load?

I have no relief from pain ….then…. I am disabled because the heartache hurts so much

 No remedy = maybe relief? so - I need direction to get tomorrow….

 But I made a “deal” to get out of pain

Become habitual at getting “relief” ….then… now I must break the grip of my heartache

 Get caught “using” people so - so I get others to do my “clean-up”

Begin to lie about wrong behavior …then….. I use words that are not true to do “dirt”

 Adopt excuses for wrong choices so - I will not be held responsible for the “mud puddle”

 I will become full of conflict-

I Receive suspension from social interests ….then…. the best place to be is at a place of social crisis I am always on probation so - everything is an emergency because I will not

 Plan for the stress of getting better….

Unit Four: What freedom looks like 4

3) IF yesterday brought problems Tomorrow will bring trials (tests)

The only proof that I made choices yesterday ? the only proof that I am able to have another

 - my record: tomorrow is:

What I did not do --- and did I survive ? Or --- Did I thrive – Did I respond - Did I grow ?

What I did not do right- - did I learn anything from yesterday?

The problem about yesterday? The tests we will take today- concerning yesterday?

 What I did not do to “better” - I need to learn to “finish” today. Do better.

 My life….. - I will do better today – I will do my best ,next

I did not have any compelling purpose for my life. - I am responsible for where I am today?

 I am not responsible for my life. I did my best today and tomorrow -

 No purpose = not responsible I will reap gladly reap what I have sown.

I lost relationship with people that I love. -what reasons do I have for being away from the

 I gave away the value of others in my life. People that I love and that love me?

 I am alone – I have no respect for myself. I am earning the respect of others.

I am without direction in my life. - what reasons do I have for planning for today?

 Will my life ever get better? I am committed to what is important in my life

What reason do I have for not planning for this day? I have so many reasons for planning for this day

Unit Five: What freedom looks like: 5

- If I do not have good counselors. -what reason do I have for having no one to validate

 Role of counselor? My view of life?

 Give guidance- need guidance?

 Give correction - need correction?

-If My personal needs do not get met. -what reason do I have for being angry about how

 I am treated?

 “I don’t get what I deserve” “I get what I have earned”

-If all I do is “take from others?” Do I “receive from others?”

= If I struggle with my health issues. -what reason do I have for not

 taking better care of Myself?

No one cares about me, anyway ! Others “need” the best me I can be.

-If - All the places and times - All the times that I “needed”

 that I did not receive correction. to see a better way…..

 I did not get my needs met. I learned to get my needs met.

-If I did not do or if did not do right. --To make tomorrow better….

 Nothing changed. No gain. I changed. I gained.

Nobody gets anything from me – ever again “others” gained from a better me !

Unit Six: What freedom looks like- 6

4) If yesterday brought pains then tomorrow will bring recovery through tests.

I need to know if I am injured - I need to know if I am OK…

I need to see my challenges - I need to prove my abilities

I need to own my failures - I need to resolve my indifferences…

I need to address my weaknesses -I need to reconcile my failures…

I wasted a lot of time -I need to give my time to what is most important -

Unit Seven: What Freedom looks like: 7

5) If yesterday brought : Pressures - Tomorrow will bring : more Requirements-

If I could just get out of this mess Everything in life that is of value - has a price

 Mess = problems value = what is important

I just don’t get paid what I am worth… The first thing I need to do is to earn some money

I don’t have the patience for doing things in order… The first thing I need to do is “make” some time.

I have to lie on my job app. In order to get hired. The first thing I need to do is “find” training.

a system of discipline is not what will pay my bills if I have a better job I might earn more money.

 In need to “game” the system. Good training programs will keep me on track for a good promotion

I need to be more “clever”….. I need to be more honest and give more effort to life.

If the things in life that I need did not cost so much Everything in life that has value will cost me my life.

Too much month not enough money. Every dime I earn will be put into a budget.

I never have enough money. Every hour of my day will be assigned a value.

I could fix more things in my life if I had more money. I have plenty of time to spend on solving problems

A hundred bucks won’t buy what it used to. I wisely spend my time and sacrifice to save money

I am defined by how wrong I am: I am defined by how much freedom I have in my life

 About what is important …. **And about what is important….**

**What freedom looks like: Review 8**

**Unit One: What words do we use to define what freedom looks like?**

**Unit Two: What opportunities do I get to have in my like if I understand what freedom looks like?**

**Unit Three: What challenges in my life do I deal with if I understand what freedom looks like?**

**Unit Four: What is the main test that I will continue to deal with if I have freedom in my life?**

**Unit Five: What are the main characteristics of having freedom in my life?**

**Unit Six: What does recovery of my freedoms look like if I have defined what is important in my life?**

**Unit Seven: What does meeting requirements have to do with having freedom from failure in my life?**