

Free Girl Era

Freedom means being YOU

4 STEP PROCESS TO FEELING LIKE THE HIGHEST VERSION OF YOU

I use the word “free” because freedom means not being tied to anyone else’s judgements, thoughts, or timelines. YOU are in control. It means we are not tying our worth to the money we make. We are confident in ourselves. We feel good in our own skin and in the clothes we wear. We take up space. We light up the room when we enter. We aren’t focused on people pleasing. We have financial freedom to do what makes us happy.

And I want YOU to feel **free**.

Grab a notebook and pen and read through the four steps to moving into your Free Girl Era. Write out as much detail as you can. Remember, the more detail you let yourself provide, the faster we move into the next, highest, version of ourselves.

1. **Identify** what it is that you want.

Lots of things, one thing, big things, small things, it does not matter.

Think about different areas of your life, your career, your love life, your fitness.. Where do you want more or a change? There is absolutely NO JUDGMENT here. No one is reading this besides yourself. So BE HONEST.

Career: Do you want more money? Do you want a promotion, more responsibility or completely different career? Do you want to own your own business?

Fitness: Do you want to get stronger and get a six pack? Do you want to have a healthier relationship with food? Do you want to get down to a certain weight or body type?

Relationships: Are you looking for a partner? Do you want to improve your current relationship? Anything else that pops into your head. It can be physical things too, bags, cars, houses.

2. How would these accomplishments or things make you feel? THIS. IS. SO. IMPORTANT.

We're going after a FEELING here!

It's not the THINGS we want, it's the FEELINGS that those achievements or things will bring us: comfort, security, confidence, love, support, freedom! When we EMBODY those feelings, we attract MORE experiences into our lives that make us feel that way.

SOOO why can't we feel that way now? Why don't we feel confident, happy, loved, supported, etc. RIGHT NOW? What is stopping you?

3. Channel these feelings.

When have you felt so amazing?

When you won a race? When you got a promotion? When you were first told 'I love you'? When you wore your dream dress to prom or your wedding? When you went to your favorite country concert?

CHANNEL those moments and FEEL those emotions RIGHT NOW. Take yourself back to that moment. What did you feel? What were you thinking? Can you remember any more details? The most important thing is to **channel** that feeling, so if you can't remember all the details that's okay. Just imagine winning that race, getting that raise, dancing to the music.

What else makes you feel that good? Do you feel good listening to country music? Do you feel unstoppable working out and eating healthy? Do you feel AMAZING in certain outfits?

Imagine your highest self. The best version of you. How is he/she feeling? What is she doing day to day?

What time does this version of you wake up every morning? Does she wake up smiling or grumpy?

What does she wear around the house? Is she feeling confident or hiding in sweats?

Does she workout every day? Does she feel strong?

Does she sit around watching netflix or does she strut into Starbucks with her Louis Vuitton on her way to the office?

Write you a little story here.

4. Take Action

What can you do TODAY to embody those feelings?

You just listed what the HIGHEST version of you does every day...

.... WHAT IS STOPPING YOU FROM DOING THOSE THINGS NOW?!

Why can't you wake up smiling tomorrow morning? Why can't you put on your favorite heels and waltz into Starbucks like the boss you are? Who's stopping you from signing up for hot yoga this evening?

This is the key. Start acting like this highest version of you TODAY and watch how quickly that version becomes your current reality.

Remember, *nothing changes if nothing changes.*

You're not "stuck."

What you need to do is change from the INSIDE out.

Play the music.

Sign up for a dance class.

Throw out those outfits that make you feel like a 10/10.

You ARE a 10/10 and **no one** can say or make you feel otherwise.

Unfollow people (or mute them) that make you feel inadequate.

Follow 6-figure, 7-figure business owners, fitness enthusiasts, people that INSPIRE you.

Download podcasts about UPLEVELING not about celebrity gossip.

Rethink who and how you're spending your time. Are you sitting around gossiping, ranting or scrolling through instagram all day?

Go for a walk. Go talk about your goals and dreams with your friends.

Imagine if all of that time you spent **complaining** or **wishing** you were in a different place, you spent **DREAMING and taking ACTION**.

Imagine if all of that time you spent watching random Tik Toks or playing games on your phone, you spent exercising or reading or trying a new hobby?

→ Successful people have successful habits.

→ High vibe people SURROUND themselves with things that keep them HIGH VIBE.

So go find those things that make you feel high vibe. Figure out what makes you feel good and GO do those things. Figure out what you want to feel and be like and **EMBODY** that now... and then keep embodying that feeling every single day.