

A person is holding a large, vibrant autumn leaf (maple) in front of their face, completely obscuring it. The leaf is a mix of orange, yellow, and red. The person's hands are visible, with dark nail polish. The background is a blurred, dark green and brown, suggesting an outdoor setting. The text "Freedom Goggles" is overlaid on the bottom half of the image.

*Freedom Goggles*

A person is holding a large, vibrant autumn leaf with shades of orange, yellow, and red. The leaf is held in front of their face, partially obscuring it. The person's hands are visible, with dark nail polish. The background is a soft, out-of-focus green and brown, suggesting an outdoor setting. The text "Freedom Goggles" is overlaid on the bottom half of the image in a cursive font.

*Freedom Goggles*

*Close Your Eyes...*

*Open Your Eyes...*





**NOW!**







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*Freedom Goggles*

# FREEDOM GOGGLES



BLUE

Good/Bad  
Right/Wrong  
Should/Shouldn't

OLD THINKING

RED



How do I want  
to FEEL?

NEW THINKING

# *Example: How Do I Want To Feel?*

- ★ I want to feel full but not stuffed
  - ★ Satisfied and satiated...but not overindulgent
  - ★ Energetic not lethargic
  - ★ Nourished not just full.
- 
- ★ Or sometimes I really DO want to chill with my family, eat some delicious chocolate chip cookies, relax, and not care if I coma-out on the couch a couple hours later.

# *Do This, Then That...*

- ★ Figure out/'Calculate' how you want to feel FIRST.
- ★ THEN choose the actions that would get you there -- that would create THAT.
- ★ You LITERALLY want to 'Reverse Engineer' it.

# *Another Example:*

- ★ I want to feel relaxed, pain-free, rejuvenated...not beaten up, over-taxed, or hurting afterwards.
- ★ I want (need!) to feel chilled out, slowed down, like I've set some 'plates' down...not feel sped up, pumped up, or pushed to my limits.
- ★ I want to feel enjoyment and pleasure and fun...not obligation, pressure, or comparison to anyone else in the room.
  
- ★ For me it's the difference between a yoga class or a high intensity workout
- ★ Slowing down and chilling out...vs adding more, doing more, or speeding myself up.

*Just Remember:*

Control is the  
**OPPOSITE** of Freedom!

## *Distinction Time: React vs. Respond*

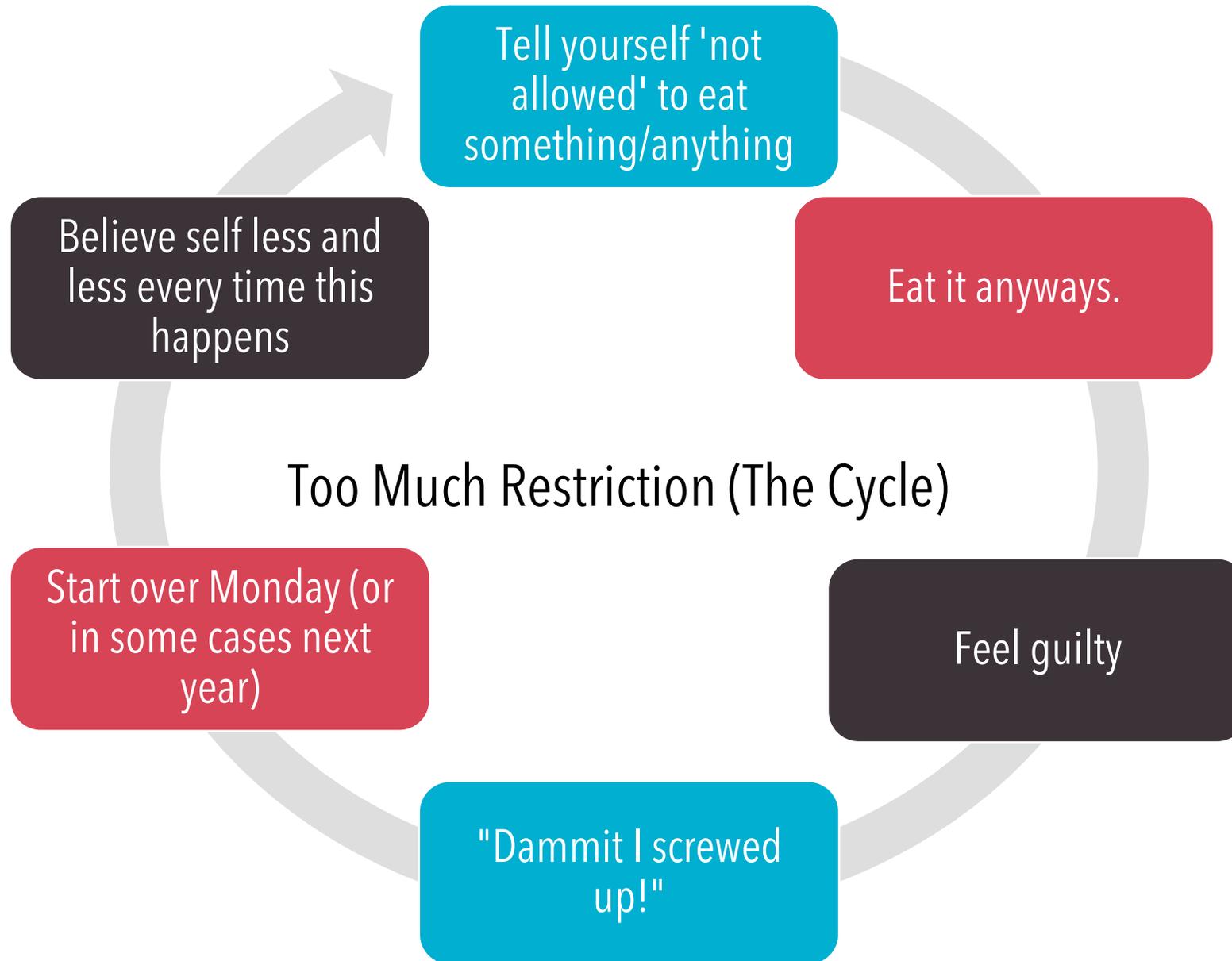
- ★ **React:** Unconscious, knee-jerk, or mindless thinking, speaking, acting, making decisions.
- ★ **Respond:** Consciously or mindfully thinking, speaking, acting, making decisions
- ★ **Another way of thinking about it:** Am I the driver or the passenger? Am I making a choice, or is a choice being made for/by me. Am I happening to my life? Or is my life happening to me?

# *Too Much Permission vs. Too Much Restriction*

- ★ The roller coaster that CONTROL forces us to live on...
- ★ We are either "all in" or "all out". There's usually no middle ground.
- ★ Using food here as an example, but fill in the blank with anything, and the same applies...

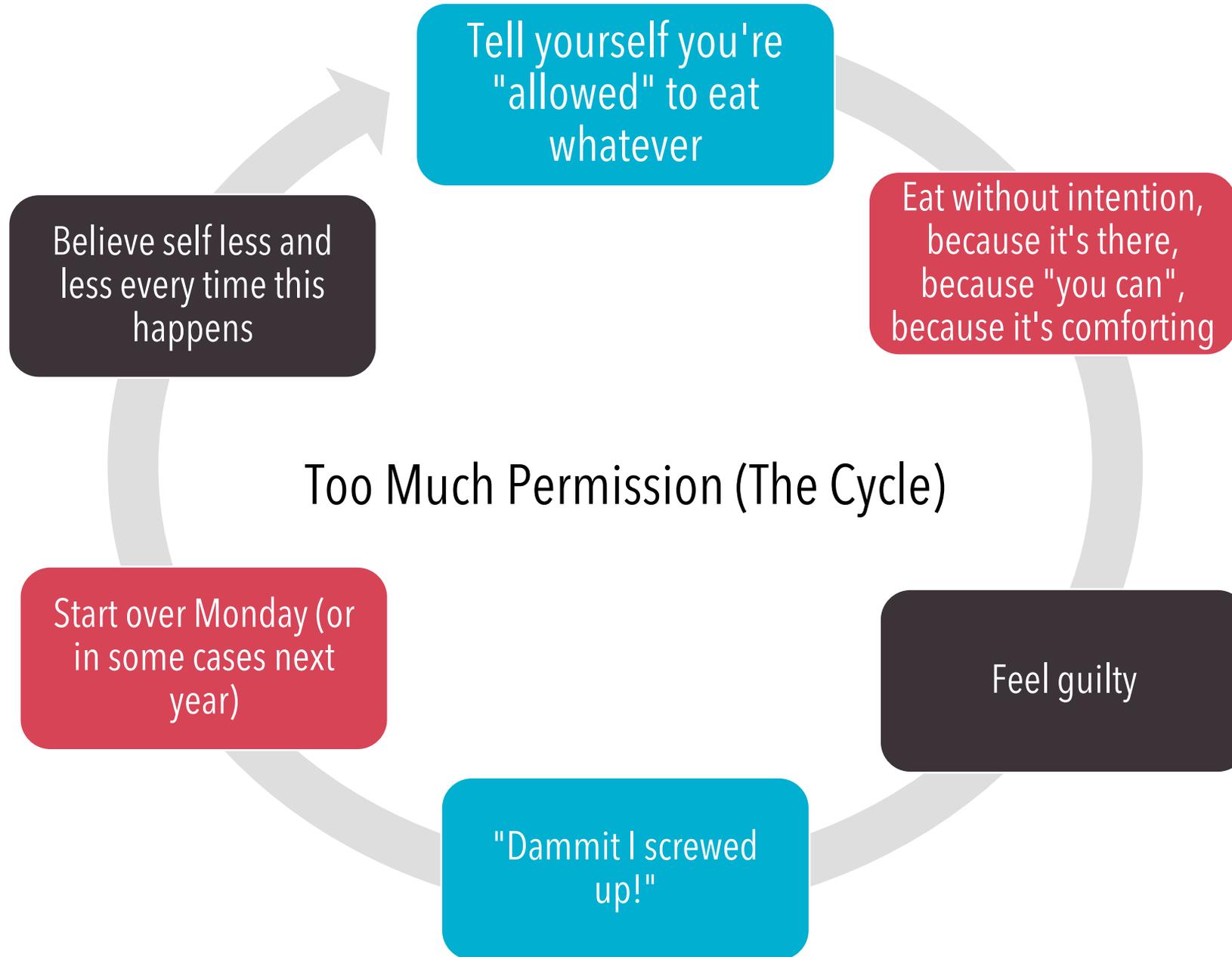


*Too much restriction*





*Too much permission*



# *A New Conversation:*

- ★ It's not ones of 'shoulds', 'supposed to's' or 'good/bad', 'right vs wrong'.
- ★ It simply becomes a matter of: how do I want to feel?
- ★ And THEN you take action.
- ★ Intentional, mindful, moment-by-moment, present-tense, responsible, makes-you-feel-how-you-want-to-feel ACTION.

# *Say Goodbye!*

- ★ Bye-bye regret or remorse.
- ★ Bye-bye shame and blame and guilt and perfectionism.
- ★ Bye-bye focusing on everyone and everything else BUT yourself...

# *Hello Freedom!*

- ★ Hello living in the now, focusing on solutions, and moving in the direction that you WANT to go.
- ★ Hello to feeling responsible, like YOU 'own' your life and your habits -- like you finally CAN release those chains of control you've been gripping onto because you were DEATHLY afraid of what would happen if you didn't!
- ★ Hello to life! One you can LIVE with. Easily. Happily. Foreverly.

# *Hello Lifestyle!*

- ★ One that automagically trickles down and takes care of your body and your brain and your 3-dimensional health.
- ★ One you could actually LIVE (not suffer!) with.
- ★ Easily. Happily. Foreverly.

# Keep Coming Back To How You Want To *Feel*...

- ★ Figure out/'Calculate' how you want to feel FIRST.
- ★ THEN choose the actions that would get you there -- that would create THAT.
- ★ You LITERALLY want to 'Reverse Engineer' it.

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*That's It!*

*See You In the Next Video!*

