

BREAKING FREE

A Quickstart Guide
to Living Your Best Life



Introduction

Have you ever asked yourself “if only things were better in life”? Perhaps you’ve asked that and similar questions. Are you worried that it may be too late to make those improvements?

If you answered “yes” to these questions, this is something you want to read from start to finish. Here’s the thing: you may be experiencing one of many bouts of limiting beliefs. Whether you know it or not, they happen to be the biggest roadblocks that stand between you and living your best life.

That’s why in this report, you’re going to learn how to bust through those obstacles with no hesitation. Furthermore, we’ll dive into how you can put together the pieces of what may seem like a complex puzzle. Once you’re able to put it together - the picture becomes clearer.

You are living the best life you’ve ever dreamed of. Now, it’s fine to dream big. Yet at the same time we need to approach this from a careful and measured approach.

It’s up to you to change your life narrative for the better. No one else will do it for you.

So now that you know that, you have two choices: one, you can close out this report and continue doing what you’re doing. Or two, you can continue reading and learn how this guide will help you upgrade your life. The choice is a no-brainer so let’s begin.

Understanding limiting beliefs

To begin, let’s discuss the biggest obstacles that separate you from the life you want to live. Limiting beliefs are defined as thoughts that can hinder your personality and success. How they’re created can depend on several different factors.

Most of the time, they may be caused by outside influences. Other times, they can be by way of past failures or setbacks. Either way, you may have received criticism from people who may be in some way an authority figure.

They may say things like “you’re not good enough” or “you’re not cut out for this” or “you don’t fit in”. These are just examples, but you get the point. These outside influences may be the catalyst that builds up those limiting beliefs.

Couple that with your past failures and experiences and it might keep your limiting beliefs alive. Rather than improve yourself in areas where you struggle, you see no point in doing anything. So giving up seems like the best option in this case.

But here’s the thing: this isn’t a blueprint you should follow. If you struggle, it is important to improve in those areas. Anyone who tells you that it’s impossible will be of no help to you.

It’s fine to struggle. Because you’ll see it as a learning experience. You will also see it as a reminder that seeking help from someone who is skilled enough to show you the way is a sign of strength. Improving on your own is fine, but it never hurts to have others help you out so you know what to do and when to do it.

How to overcome these limiting beliefs

Limiting beliefs can be conquered. They may take some time and effort. But it will be more than possible to turn your limiting beliefs into something smaller than how you perceive it.

The way to overcome these beliefs start with you being able to recognize and identify what they are. For example, let’s say “you’re not good enough” is one you struggle with a lot. Recognize and identify that belief.

Next, go in-depth as to why this limiting belief exists. What past experiences have made you arrive at that conclusion? Who in your life has said this?

You also want to find ways to improve in the area where you are not good enough. Seek the help of a mentor or someone who may have the skills and knowledge to help you improve. As you do this, you can challenge yourself to change that limiting belief.

So instead of “I’m not good enough” you can reframe it as “I’m not highly skilled, but I know there is room for improvement” or something similar. If there are other limiting beliefs running through your mind, put them down on a piece of paper.

Write up to 5. Note why these limiting beliefs exist. Then think of an idea of how to reframe it.

Once you have completed this exercise, you want to highlight your alternative statement. Instead of the limiting belief, what is your new positive belief opposite to it? Read them over and repeat them in your mind as if they were mantras.

Limiting beliefs can still creep up from time to time. That's why you'll want to be mindful and catch them quickly. Then you can reframe it into one of your alternative statements.

The more you repeat the positive, the more it will be embedded in your mind. Soon, your mindset will experience a positive shift.

The power of planning and taking action

Goals cannot be achieved without action. Read that again. That statement is as true as it can get.

Of course, you can't take action if you don't plan. So let's show you how to get it done. Let's do another exercise that you can follow:

Start with the big picture

The first thing you'll want to do is think of the big picture. Close your eyes and paint a picture in your mind of what your best life looks like. Gather as much concrete detail as possible.

It's also important to be realistic here (even though dreaming big is never discouraged). So rather than say that you want to be rich like Elon Musk, say that your best life involves not dealing with any financial troubles. Get the idea?

Circling back to the exercise, paint a concrete picture of what life would be like if not for the limiting beliefs. What would it be like? After you take the necessary notes, move onto the next step.

Set SMART goals

SMART stands for the following: specific, measurable, achievable, relevant, and time-bound. This is the framework you'll operate on when setting your goals going forward. Whether you know it or not, your best life can be put together by way of these smart goals.

But here's the caveat: you don't want to overwhelm yourself and tackle everything all at once. If anything, you should take a moment to choose an area of your life where you want to improve first. Let's say that you want to improve your overall health, but you're a bit on the overweight side.

This goal will take precedence as a priority (and a good one at that). So what you'll do is set a goal to where you can lose a certain amount of pounds within a set time frame. For example, let's say you want to lose 10 pounds in two months.

Specific? Yes it is, because you're using numbers.

Measurable? Absolutely, since you can track down your overall exercise progress, what you eat, and so on.

Achievable? You bet it is. Only if you take consistent action.

Relevant? If it's relevant to your overall health goals to lose weight, it is.

Time-bound? Indeed it is. You've given yourself two months to get it done.

Now, it's time to put together a plan on how to achieve these goals. What will your workout schedule look like? What will you be getting rid of in terms of eating?

What will replace the junk food you've been eating (if any)? There are a series of questions. But keep them simple and not so overwhelming.

The object here is to take your much larger goals and break them down into smaller ones. It applies to all goals you intend to achieve in every area of your life. So once you've lost enough weight to reach your fitness goals, you can focus on another goal that will vastly improve your life.

What makes goal setting and achieving them possible is having a proactive mindset. To plan and take action is the name of the game. You want to get in the mindset that with action comes results - even if they're not the results you want.

Those setbacks can turn into learning experiences. From there, you'll have the opportunity to make improvements to ensure better results. So don't be afraid to "fail", give it a go and have fun.

Don't think about getting it right the first time. Think about just getting it done and worry about the results afterwards. As the old Nike slogan says, "just do it".

Improving your life narrative

Up to this point, your life's narrative may seem like nothing too exciting. However, it's never too late to make the necessary changes. When you look ahead to the future and you're living your best life, what kind of story do you want to tell people?

Think about that for a moment. To take it a step further, you can take a few minutes to write down a short snippet. It doesn't have to be an essay or a novel.

Just a brief summary of what your best life is compared to where you are right now. For best results, you can try and reverse engineer your intended results. Talk about your struggles before you achieved your goals.

How did you get from point A to point B? Talk about any potential setbacks that could happen between now and then. Once you've written that account, it's time for you to take action and write the real rendition.

Focus on the goals you set. Learn from the mistakes and setbacks you've made. And be willing to make improvements and adjustments whenever necessary.

After you've improved your life in one area or another, you can read the snippet you've written. Does it look similar to how you wrote it at the outset? If not, what's changed? Are things better than you described?

The best ideas to live a better life

Now that you have a good framework on how you can improve your life for the better, let's give you a few additional ideas to help you make it more than possible. Consider the following suggestions:

Build a support group

This will be a huge help for you. You want this group to consist of people that actually believe in you. These are your friends, family, mentors, and anyone else who will be willing to help you out.

This group are the people you lean on during times of struggle. You'll also be able to go to them if you have any questions, concerns, or anything else that needs to be addressed. They are your best cheerleaders and will wait for you at the finish line.

Simplify the approach

Think of improving your life as a house that needs work. Rather than go all over the place, focus on a room and work on improving it accordingly. Once you're finished, you can move on to another room.

Let's say you want to improve your financial situation and get out of debt. Focus on that as much as possible. Once you're doing better money wise, you can move onto another area of your life that you can improve.

Try not to take on a lot at once. It can cause stress and will motivate you less. Focus on one thing at a time and you'll feel less overwhelmed.

Accept that overnight success is no such thing

Here's the thing about overnight success: it's not what people want you to think it is. Below the surface is much time invested in improving, failing, adjusting, and getting the small wins. You want to accept the fact that your life won't improve overnight.

Every action you take, small win you achieve, and every improvement you make will move you one step closer to living a better life. Don't expect quick results in a quick amount of time. Otherwise, you will be disappointed.

Your journey begins now!

Improving your life for the better will be a long journey. There's no doubting it. If you accept this fact, you have the right attitude to get started.

You now have a few great ideas on how to improve your life. What you choose to improve first is up to you. From there, you'll have the energy and motivation to improve other areas as well.

Don't be surprised if you have an amount of momentum that will keep you going until you are satisfied with the life you want. Good luck in your journey - we're rooting for you!