



What does freedom mean to you?

Everyone has a different definition of the word.

There are certain things that happen when you experience true freedom. Here are just a few:

- You wake up happy and energized
- You make your own decisions
- You are able to ask for help
- Your habits serve you well
- You believe in yourself
- You are independent
- You have fun
- You are always growing

What is necessary to experience freedom? It might mean following your own authentic values and beliefs. It could involve building boundaries to protect yourself. Perhaps it's forging your own path in life and work, despite the challenges and the naysayers.

It takes courage to see yourself as the highest authority on your life. Sadly, many of us aren't taught how to stand up for what we want. We miss out on the joy of going after something with undying passion and commitment.

There are infinite definitions of freedom, but the one that matters most is your own. As we move toward freedom, it's natural to feel overwhelmed. Don't be. Instead, draw a card, just one card, and focus on one small step.

To play the FREE (as a) BJKD game:

1. Print the two gameboard sheets and tape them together.
2. Print the freedom cards. Cut them out individually.
3. Put the game cards into a bowl.
4. Each day until completion, pull out a card and perform the activity. (You may draw a different card if one doesn't apply to you.)
5. For each card that you complete, color in the coordinating feather on the gameboard.
6. When you finish the game, send Sheree an email at sheree@fork-road.com.

What did you learn or discover?

FREE YOUR HABITS

FREE LIBRARY

FREE TIME

FREEDOM FROM DECEPTION

FREEDOM TO SAY...

FREE UP SOME ENERGY

Free as



BUTTERFLIES ARE FREE

FREE YOURSELF

FOR FREE

a bird

RECEIVE FREELY

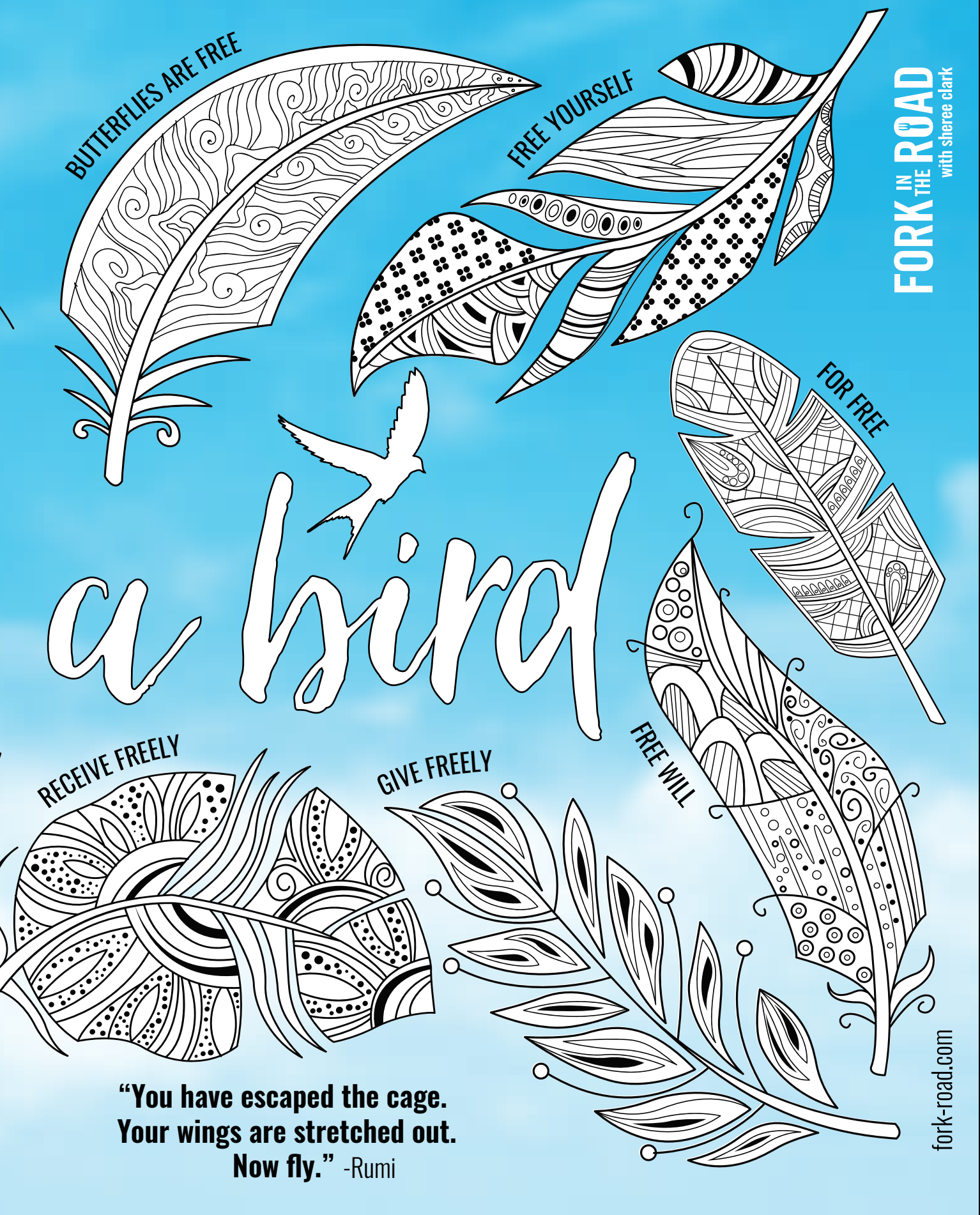
GIVE FREELY

FREE WILL

**“You have escaped the cage.
Your wings are stretched out.
Now fly.” -Rumi**

FORK IN THE ROAD
with sheree clark

fork-road.com





Free Your Habits

Identify something that may have a grip on you
and give it up for 24 hours.

Some things to consider:

- Complaining
- Wine or alcohol
- Caffeine
- Sugar
- Overwork
- Social media
- Smartphone scrolling
- Procrastination

What do you need to be free of? _____



Free Library

Read one of these memoirs—or a find a book with
a freedom theme that resonates.

Man's Search for Meaning, Viktor E. Frankl: Profound and memorable, this was written in the concentration camps of WWII. The author explores the meaning of life.

Finding Freedom: A Cook's Story; Remaking a Life from Scratch, Erin French: A life-affirming story of survival, renewal, and finding a community to lift her up.



For Free

Don't spend any money at all today.

Some of the best things in life are indeed free. Find FREE things in your community and—just for today—*don't buy anything or make any spending commitments*. No online purchase, no coffee shop run, etc. *Make do with what you have*.



Freedom to say...

Just. Say. No.

Free yourself from the need to say yes when you really want to say no today. All day.

Consider making this a regular practice.



Butterflies Are Free

Yes, the 1972 movie. With Goldie Hawn. Watch it!

The plot: Blind since birth, Don Baker sets up a San Francisco apartment and soon meets his off-the-wall, liberated, actress neighbor Jill. Don learns things from Jill that his overprotective mother would never have taught him. *And Jill learns from Don what growing up and being free is really all about.*



Give Freely

What can you do—right now—that would be considered an act of giving?

Hoarding communicates a belief that there's only so much to go around and, if we don't get it, someone else will. This applies to compliments, affection and encouragement as well as "stuff."

"If you want to lift yourself up, lift up someone else."

-Booker T. Washington

Freedom From Deception

Today, be honest with yourself. If something is bothering you, address it. Do not ignore it.

You always know when you're lying to yourself. And you also know that's how people end up feeling regret. Or shame. Or resentment. *Today seek truth.*

Finish this sentence:

If I were being honest with myself, I _____

(If you're feeling brave, allow yourself to ask what small step you can take to follow the path of truth.)

Free Yourself

It's hard to feel free when you wake up every morning and a wave of dread washes over you.

Free people either eliminate what doesn't suit them, or they *change how they look at it.*

List three things that make your heart feel heavy.
What would free you from this dread?

- 1.
- 2.
- 3.



Free Up Some Energy

A lack of energy is a barrier to your physical freedom.

Those who are truly free spend their energy in ways they enjoy. They are not constantly running out of energy, but instead are always recharging.

Where do you know you have energy “leaks,” and what are you willing to do to fix them?

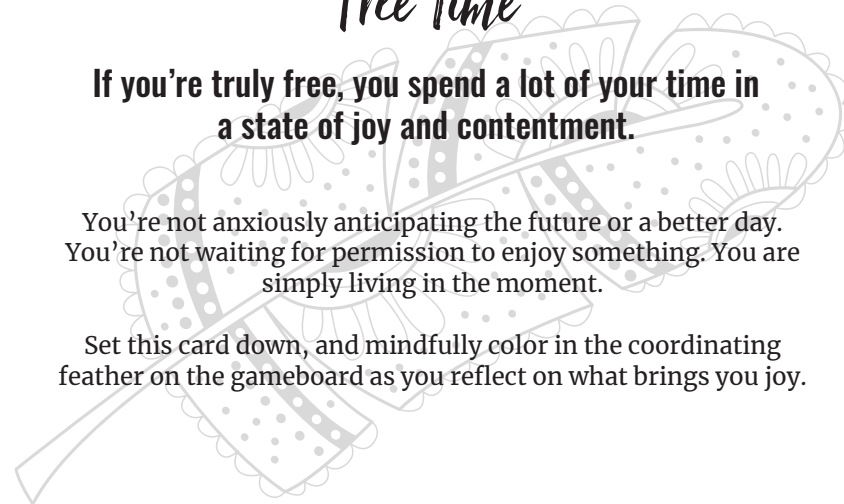


Free Time

If you're truly free, you spend a lot of your time in a state of joy and contentment.

You're not anxiously anticipating the future or a better day. You're not waiting for permission to enjoy something. You are simply living in the moment.

Set this card down, and mindfully color in the coordinating feather on the gameboard as you reflect on what brings you joy.



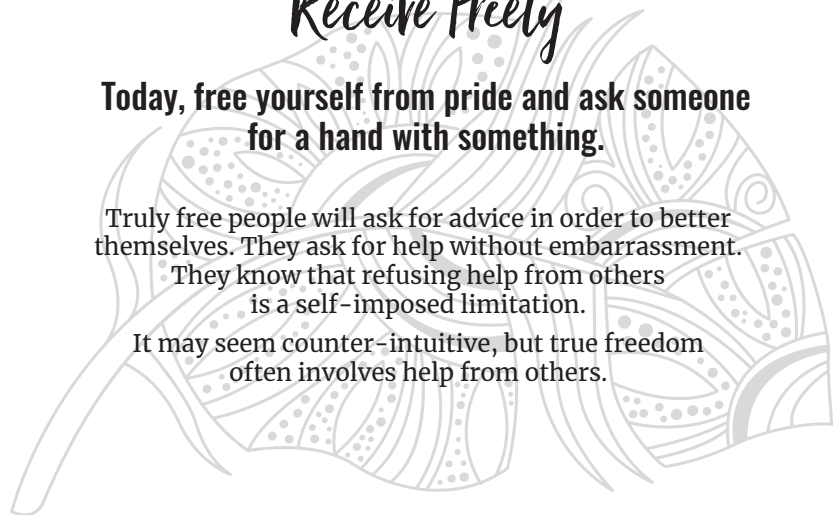
Receive Freely

Today, free yourself from pride and ask someone for a hand with something.

Truly free people will ask for advice in order to better themselves. They ask for help without embarrassment.

They know that refusing help from others is a self-imposed limitation.

It may seem counter-intuitive, but true freedom often involves help from others.



Free Will

Freedom involves healthy boundaries between you and others.

Truly free people don't derive their self-worth from external people or events. They judge themselves according to their own reasonable standards. They stay on track with their goals regardless of the opinions or behavior of others.

What is one small thing you can do today to establish or strengthen a healthy boundary?

