

PERSONAL FREEDOM
IN 5 POWERFUL
STEPS

Free
to be

Sarah
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Hi, my name is Sarah... I coach, teach and train awakening, heart centered, and authentically driven artists, empaths and creative people, like you, to navigate life's challenges with strength, authenticity and grace through one-on-one life coaching, online courses, mindfulness tools, embodiment practices and creative expression.

I too have struggled to have healthy boundaries in my relationships, to feel confident speaking my truth, and to feel secure sharing my gifts with the world. I also know how liberating it is to breakthrough these challenges and live life fully! And, that's exactly what The Free to Be 5 Step Process, Your Pathway to Personal Freedom in 5 Powerful Steps, is designed to help you do.

Liberate yourself and read on!

Sarah

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HOW TO USE THIS EBOOK

There are several different ways you can work through this eBook.

What I suggest is that you read through the entire eBook initially, to familiarize yourself with the contents. Then, go to the last page and click the green button that says Join the 5-Day Mindfulness Challenge and sign up. It's a FREE 5-Day guide through the Free to Be 5 Step Process. It will be a great addition to this eBook and will help you work through each step, with some guidance, along the way.

If you'd rather just work through the eBook on your own, I'd recommend reading through the whole eBook initially and then taking one day to work through each step of the process, including setting your intentions. So, six days in total to go through one step a day.

Set aside the same time every day to come back to this eBook and work on the next step. This way, you can focus on practicing just that one step that day, seeing real life results as you go through the process.

Once you've done this, you can then experiment, over time, when you feel triggered by bringing yourself through the whole 5 step process, starting with a reminder of your intentions, and see how it works for you.

If you have any questions or feedback, as you go through this eBook, email me at sarah@sarahhaykel.com.

Enjoy the process!





I have a few questions for you...

Are you constantly overreacting to things that don't matter, have nothing to do with you, and are completely out of your control?

Do you lack the confidence to put yourself out there, which is stopping you from living your life fully?

Do you have trouble setting healthy boundaries and allow people to constantly overstep with you because you can't seem to speak up?

Do you find yourself overly defensive in personal conflicts, just to protect yourself, because you don't want to be seen as "bad" or "wrong?"

Are you ready to feel secure, knowing that you are a part of life and, no matter what, you are loved and belong here?

Are you ready to be confident and let go of taking things personally so your relationships feel easy and fulfilling?

Are you ready to let go of sweating the small stuff and focus on the bigger mission you're here to fulfill?

If you've answered "yes" to any of these questions, read on. I've got something that will help!



The Free to Be 5 Step Process came out of several different tools I've learned through various teachers and programs I've taken, as well as my own explorations and experimentations within myself, which will help you to feel:

- **Confident in yourself and your life**
- **Empowered by simple tools to self-manage**
- **Secure in your relationship with yourself**
- **Free to share your gifts and make an incredible impact in the world!**

These tools are simple and can be used every day (without anyone ever knowing)! Confidently being yourself, embracing all of who you are, and feeling empowered to share your gifts in life is liberating and fun. You may experience laughter and big sighs of relief as well as healthy doses of self-love and compassion for yourself and others along this journey.

It's not about perfection. It's about relaxed awareness and presence in the moment so that you can be more self-aware, informed and make clearer, healthier choices in your life. Imagine the impact this will have on your closest relationships at home, at work, in how you feel about yourself in your own inner world. It's life changing and you're ready for it!

LET'S PREPARE WITH SETTING AN INTENTION

Prep Step: Intention

Setting an intention for how you want to feel and the kinds of things you'd like to experience in and contribute to life can act as a road map or guiding star, keeping you on track.

Here are some questions to prompt your intentions: What am I committed to creating in life? How do I want to feel while creating this? How can I contribute to feeling this way? What's important about this? How will I use this intention to guide my every day actions, behaviors and beliefs? How will I remember my intentions? What if it needs to change or be updated?

Journal your ideas in the space below.





LET'S GET STARTED

For each step of the process, allow the questions and prompts to guide you. What about trying one step, per day, and put them into action? There's also a workbook section below to further your engagement in this process.

1. CONNECT

- Connect with yourself by watching your breath move in and out of your physical body
- You can count your breath's for up to 5 or 10 cycles to help you stay focused on connecting to yourself
- How does it feel to connect to yourself through your breath?

2. NOTICE

- Using the first step of Connection, begin to notice how your body feels as you connect with your breath
- What sensations do you feel in your body right now? Becoming more aware of what you feel will bring you even more fully into the present moment.
- What changes for you when you consciously notice how you're feeling, physically or emotionally?

3. INQUIRE

- Be Curious, like an introspective detective!
- You can ask yourself questions like: Am I triggered, or feeling reactive, right now? How do I know I'm feeling triggered or reactive? What sensations do I feel in my body when I'm feeling triggered or reactive?
- Curious self-inquiry is a powerful tool. How does this support you to get some space from the trigger to understand "What's Happening" in the moment?

4. ACCEPT

- Acceptance is like a welcome gift in the moment, however, it doesn't give a pass to inappropriate or unsafe behavior. In coaching, we call it "welcoming what's present." You can ask yourself, what's happening right now?
- Then, what does it feel like to accept the moment, as is, just for that moment? What happens when you can do this? Use the step of Noticing to notice the results.

5. BE

- Being present in the moment is one of the greatest gifts (you've heard that quote right, "that's why it's called the present."?). What does it feel like to simply "be" in this moment, right here, right now?
- Mooji, a spiritual teacher of our age, says, when the mind wants to start getting triggered or reactive again, "Don't pick it up."
- What's it like to leave it alone and just be in this moment, here and now?



LET'S PUT THIS INTO ACTION

Imagine a very mildly annoying or triggering situation that may happen regularly in your life, i.e. your dog did not get walked by your daughter, the towel is still on the floor after someone else took a shower, you're rushing to work.

Take a moment to see this situation happening in your minds eye. Feel what sensations and emotions are felt in your body when you imagine this scenario. Then, begin to apply the five steps to this situation.

What happens when you connect with yourself through your breath, notice how your body feels, ask yourself "what's going on here?" and then come into a place of acceptance for what's happening in the moment? What happens to the triggered sensations of this imaginary situation in your minds eye?

Journal some thoughts below.



MY COMMITMENT TO CHANGE

What one situation will you commit to seeing a change in your daily life? Is it your morning routine, your commute to work, dinner when you get home, bedtime? Where and when can you imagine using one or two of the tools of the five step process to do just that?

Remember, you are in the power seat here and can choose your life. So, journal below about your commitment to the one or two tools you'll use to change a specific situation for the better. Keep it simple, manageable and realistic! Less truly is more here.



Thank you for joining me in the Free to Be 5 Step Process. I've got an important resource below that's FREE. If you'd like some personal guidance through the 5 Step Process, click the button below to join the 5-Day Mindfulness Challenge. It's a FREE walk through of the Process!

Want to go deeper? Click the button below that says "Schedule A Call" to explore one - one coaching with me.

[JOIN THE 5-DAY
MINDFULNESS CHALLENGE](#)

[SCHEDULE A CALL](#)

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