



Free  
to be

YOUR PATHWAY TO  
**PERSONAL  
FREEDOM**  
IN 5 SIMPLE STEPS

Sarah  
HAYKEL

# YOUR PATHWAY TO PERSONAL FREEDOM THROUGH MINDFULNESS IN 5 POWERFUL STEPS



SARAHHAYKEL.COM



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 because you feel insecure, which stops you from living life fully?

Do you have trouble setting healthy boundaries and allow people to constantly overstep with you because you're afraid if you speak up, others won't like you or you won't "belong?"



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

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

Are you ready to feel confident and secure in yourself so you can let go of taking things personally, which can help create fulfilling, authentic and meaningful relationships in your life?

Are you ready to let go of sweating the small stuff and focus on the bigger mission you're here to fulfill so you can give the world the special gift you're here to bring: YOU?



The Free to Be 5 Step Process was created to help more sensitive, empathic people learn effective tools to cultivate self-awareness so that you can feel empowered in your day to day life. If you're an empath or highly sensitive person, you know how difficult it can be to distinguish what's yours, what's not, why you feel a certain way, etc., which can create a ton of distractions, dysfunction, uncomfortable feelings and overwhelm throughout your day and in your relationships. The tools here are a combination of what I've learned from other teachers or discovered on my own, which can help you to feel more:

- **Confident and secure in yourself**
- **Empowered and self-aware with love**
- **Secure in your relationships**
- **Free to be yourself in any situation**

These tools are simple and can be used every day in any situation. Confidently being yourself, embracing all of who you are, and feeling empowered in your life is a game changer! You may experience laughter and big sighs of relief as well as healthy dose's of self-love and compassion for yourself and others along the way.

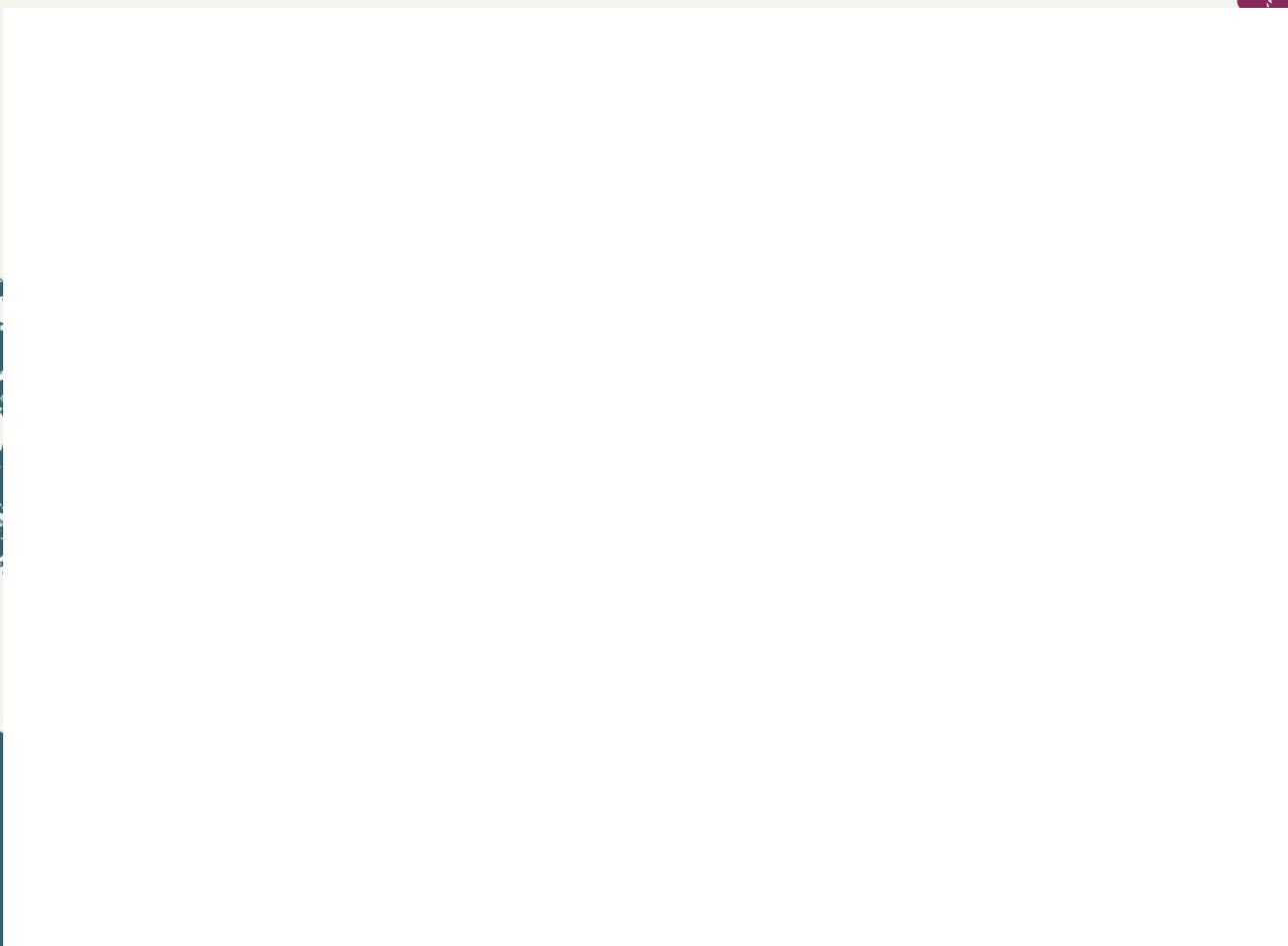
It's not about perfection. It's about relaxed awareness and presence in the moment so that you can ultimately feel more comfortable being yourself and be informed and make clearer, healthier choices in your life. Imagine the impact that will have on yourself and all of your relationships? It's life changing. Let's get started!

## LET'S PREPARE WITH SETTING AN INTENTION

### Prep 1: 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 towards co-creating the life you feel inspired to!

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 my intentions need to change or be updated?





## 1. CONNECT

- Notice the breath moving in and out of your physical body
- Sense and feel your physical body and it's "aliveness"
- You can say to yourself, "I am here," bringing yourself more into the present moment

## 2. NOTICE

- Breathe: Bring your active attention to your physical breath and watch yourself breathe in and out, in and out
- 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.
- Be Curious: What's happening right now?

## 3. INQUIRE

- Be Curious
- Am I triggered? What triggered me first? What thought was I thinking before I started to feel this way?
- Whose energy is this?: "I take 100% responsibility for what is mine and I let the rest go."
- What/Whose energy am I hooked on right now?
- Where is my power right now? How can I own it, hold it, be it again?
- Trust myself: what feels/is true in this moment?

## 4. ACCEPT

- Welcoming the present: what is happening right now? How do I feel right now?
- Being with yourself judgment free: self-soothing, showing yourself self-empathy
- If judgment is present, welcome the judgement and inquire: what good does this judgment have for me right now?
- Nothing is wrong here
  - Whatever you are experiencing is ok. Just keep noticing it and accepting that this is what you are experiencing right now, that's it, there doesn't have to be any meaning here.
  - "What's right about this (situation) that I am not getting?" Jeneth Blackert

## 5. BE

- Be Present, notice the response of this practice. How does it feel to Be in this moment only?
- "Don't pick it up," Mooji says
- Enjoy the space and peace of this moment alone

## Your Next Step: Contemplate

In what one situation would you like to feel differently in your daily life? Do you want to feel more peaceful, more empowered, more clear or decisive?

Is it in when you communicate with others, when you make decisions, when you're driving in the car, the way you schedule your time?

Where and when can you imagine using one of the tools in the five steps to help you feel this "new way" in this situation you're ready to transform?



Remember, you are in the power seat here and can choose your life. So, journal below about 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. For instance, because I want to feel more peaceful while driving, I'll focus on my breath every time I notice myself feeling tense or rushed or while at a red light.



Sarah Haykel is an artist, life coach, performer and teacher-trainer. She helps empower sensitive people to feel safe, secure and confident in their body's, lives and relationships by learning effective tools to manage energetic, psychic and emotional overwhelm through mindfulness, life coaching, personal expression, creativity and body movement.

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

[SCHEDULE A CALL](#)

*Sarah*

SARAHHAYKEL.COM





The Free to Be 5 Step Process is designed as a supportive tool on your journey of personal growth and development.

The techniques and exercises in this book have not been approved by a medical doctor. These tools are not designed to be a substitute for mental health therapy, medication or other types of important mental health support you may need or already be engaging in.

Please contact your medical doctor or mental health professional if you have any questions about whether these exercises would be appropriate for you.

In my own experience, sometimes a good mental health or trauma therapist is needed to help work through the deeper issues that may keep me stuck in old patterns. Sometimes medication may even be needed. There is no shame in getting the right professional support that you need. This is a sign of courage and self-love.

If you are experiencing a crisis or personal breakdown and need support immediately, please call Crisis Services at 716-834-3131 or the National Suicide Prevention Lifeline at 1-800-273-8255.

I wish you all the wellness on your path. Remember, it's one step at a time and as the saying goes, "This too shall pass."

Aloha Nui Loa,

Sarah