

10 Simple Ways

TO SET YOURSELF FREE



Turn your goal into a practical habits so they become routine.



Live a healthy lifestyle by eating well, exercising, & getting plenty of sleep to set yourself free from long-term health concerns.



Create & stick to a budget. Prioritise your needs to achieve financial freedom.



Know your core values & what's important to you to set yourself free from the approval of others.



Write down at least 5 creative ideas in a notebook every day to exercise your creativity. It can become an armoury of solutions for the future.



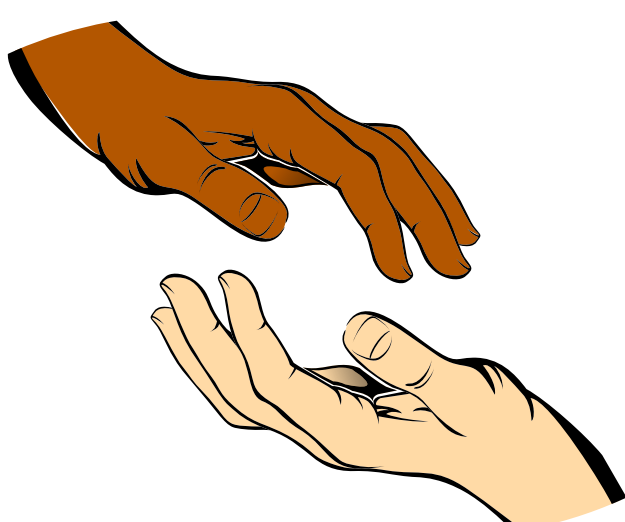
Spend time with optimistic, joyful, hopeful, and content people. Avoid pessimists.



Aim to be 1% better everyday.



Make time to meet up with a close friend or family member on a regular basis.



Be generous. It can weaken the hold of money in your life.



Keep on learning by reading daily.