

Your life is right now! It's not later!
It's not in that time of retirement.
It's not when the lover gets here. It's
not when you've moved into the new
house. It's not when you get the
better job. Your life is right now. It
will always be right now. You might
as well decide to start enjoying your
life right now, because it's not ever
going to get better than right now -
until it gets better right now!

Abraham-Hicks

The following is an excerpt from the Motivation Manifesto 9 Declarations to Claim Your Personal Power by [Brendon Burchard](#).ⁱⁱⁱ I highly recommend

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reading the entire book, as it is an exploration into motivation at its finest, and filled with serious questions that we all need to ask ourselves on our endeavor to be the best person we can be.

I ask you to consider the following and see where you fit in relation to what is being said. Consider who or what is keeping you small. At the end of the day it more than likely to be yourself, as it is our choices that dictates what we accept or put up with, what and how we choose to react to situations, people and events. I am encouraging you to consider where you are at and where you would like or rather be. If you find you are allowing others to be big players in your life and you are not so happy about this, it is time to reclaim your choices and space. You may need support and to learn skills to stake your desire change. The result could initially be rocky as you learn the new steps towards your preferred way of life, and others around you may struggle with the changes too, but hold faith that what you choose is in your best interest and so you will be supported.

“Our most difficult task is to defeat social oppression, the caging of our spirit and the stifling of our potential by others. We mean the moments when someone exercises judgment, authority and or power against us in a burdensome, cruel, manipulative or unjust manner. It’s when a parent controls us so much that we can’t be ourselves; when a lover threatens to withhold love if we don’t do what they say; when a boss lies and then

threatens us against telling the truth; when we want to follow our own spiritual beliefs but the culture suffocates us with its dogma. It's when any other person's petty judgments, harsh criticisms, demeaning comments, injuries or unreasonable expectations and direct or indirect actions hold us back. When others make us feel insignificant, powerless, or unworthy, this is an effect of oppression. All the artificial barriers erected by a controlling society are part of this. The absurd informal bureaucracies that limit people according to background, class, religion, race, ethnicity, sexual preference, age, or appearance.

Some of us can remember dramatic times when we were mocked for being different or manipulated into conformity. We can recall situations when we compromised who we were to avoid conflict. We gave away pieces of our integrity in order to get along with others. We started acting like "them" in school or at the office. We faked it, put on a smile, and walked the path we were told to. We did all we could to avoid the silence of ostracism or the sting of their judgment. We hoped, above all, to be secure, to be accepted, to belong

Social oppression is at work when the ways of others diminish who we are or stop us from pursuing our own goals. Often the most highly adaptive among us are the least aware of this process, and often they are socially the least successful and authentic. They have adapted into a predictable

character and have lost their spontaneity and authenticity. They do not recognize themselves any longer in the mirror; they have forfeited their individuality; they are but caricatures of collective preference. No freethinking person wants such a fate, and so we must be eternally vigilant in refusing the desire to conform.

Yet, the sense of security people get from conformity cannot be understated; it is one of the great enemies of personal freedom. The structures and rewards of society give order to an individual; job titles, raises, "Mr" and "Mrs" positions on advisory boards, and public acclaim rarely give us deep meaning. They can indeed make it easier to be confident in our direction. If we follow in pre-ordained paths what others are doing, then we can get signals that we are on track and that we will likely be accepted. But what if we chase all that and believe in all that and then, one day awake to find those things aren't what matter most?

To ask such a question, to rattle the cage of conformity is to invite real risk into our lives. Once freed from the cage, an animal finds itself alone, unsure of what to do, separated from a lie and things that it understands. The sudden uncertainty can be paralyzing. If we had total freedom in life, what would we do, where would we go, how would we behave, day-to-day and what would give us meaning. These questions are terrifying.

With this uncertainty there is also a risk of vulnerability and loneliness. We are vulnerable because we are beyond the safe bars of the cage that while limiting, make us feel secure. Those still trapped in the cage no longer see the freed as one of them. To refuse other's expectations may bring about our greatest fears – that we will be left isolated or abandoned, deemed inferior, thought unworthy of love.

But to stay confined by other people's rules brings about other risks. Chasing the prizes that society tells us we must want can also drive us from our true self. How many artists turned from their art because they were told they had to make money in a traditional way? How many talented people shirk their strengths to fit into a more needed but less fulfilling roles? How many have given up their dreams in order to follow a more secure and profitable and socially accepted path? The aims of others – parents, teachers, and spouses can become our aims if we are not vigilant. Their certitude can replace our quest for something new. Their collective meaning can subjugate our search for our individual meaning. Yes, let us be wary, we can quickly lose ourselves in others and in our culture. We become not free and genuine humans, but rather slaves to opinion.

This is the ultimate misery: living a life that is not our own. A difficult choice must therefore be made between the comforts of fitting in and pleasing others and our higher motive for Personal Freedom.

This choice is easier once we reach the levels of maturity and enlightenment that allow us to see what we can be individually free but not entirely apart from our culture and those we love. That independence does not preclude interdependence, that individual uniqueness does not mean we must be social or spiritually distant outcasts. We learn that the more we are true to ourselves, the more we can connect with and contribute to the world. We find that the more free and spontaneous and authentic we become, the more our motivation and aliveness returns and the more others are attracted to us and want to be around us.

Self-oppressions

Unfortunately, most oppression comes not from others, but from a source we least suspect – ourselves.

Self-oppression is the condition of letting our own negative thoughts and actions restrict us. It is an inside job, a burdening of our spirit by incessant doubt, worry, fear and distraction. None of us wants to be the cause of our own failures in life, yet most often we are. It is our own inept thinking,

our own bad habits that rip the vibrancy from life. We are the ultimate oppressors of our own happiness.

Self-oppression is evident whenever we limit ourselves. We stay home instead of going out because we are too anxious to explore. We procrastinate on an important assignment or exciting new venture because we cannot overcome our uncertainty. We fool ourselves into thinking that things be perfect before we release our art into the world when the clear reality is we're just too undisciplined to get things done. We lie to ourselves, break owe own resolutions; allow our dreams to slide away without grasping at them. Is it not clear to us that we can be our own worst enemy? But we can also be our own saviors. Through the active expression of our genuine nature, and the steady efforts to master our minds and move our lives forward, we can finally, after all this time, experience the freedom, and joy that we deserve in life.

This is why we seek personal growth to be free from the pain we cause ourselves, to make better choices, to feel better about who we are becoming, to act more confidently in social situations, and to unleash our full creativity and contributions into the world in order to make our highest difference. Gaining personal freedom in this sense is letting go of any self doubt and self loathing and lowing ourselves permission to be our unique, powerful and authentic selves.

It is in freeing ourselves to be present and genuine, in life that we find trust and confidence in ourselves, that we grow and master and realise our highest selves, that we find authentic joy in our interactions and experiences in the world, that we feel motivated and liberated.

Indeed, the telltale signs that someone is free and healthy are genuineness and growth.

Aware of these things, we must have responsibility and courage to think for ourselves, to ask "Are my ambitions, attentions, affections, and actions truly of my own choosing? Am I being genuine self in the world and pursuing things that deeply matter to me? Am I opening myself to change and challenges so that I can stretch and grow into my full potential?"

This kind of diligence reminds us that personal power is directly tied to personal responsibility which most people avoid. Some might hope that freedom means we can give up or release responsibilities from our lives, but nothing could be further from the truth. The thinking goes "If I am free, shouldn't I be free from all responsibilities?" But personal freedom is not liberty to finally indulge in whatever passing moods or inclinations strike our fancy. It doesn't mean we can act on every fast need, be cruel to others around us when we feel like it, take whatever we want whenever we want it, or act as an irresponsible buffoon simply because

it would be fun or pleasurable in the moment. All this would be merely slavery to unconscious impulse and compulsion.

Freedom requires responsibility to choose who we are above and beyond our immediate impulses, needs and social pressures, so that we can genuinely express the type of person we want to be, live the life we truly want to live, leave the legacy we desire.

If we are not free to choose our character and conduct and legacy, then we are controlled by something else, thus we are lacking freedom. And if we are not responsible for our beliefs, and behaviors, then someone or something else is, thus, again we are slaves. And so the great demand is clear:

We must be conscious and responsible for our beliefs and behaviors if we are ever to be free.

Just as freedom does not mean the release of responsibility, it also does not necessarily mean the absence of struggle. To be sure we all capable to be free from pain and limitation, but our quest for personal freedom is more complex. Yes, we want release from pain, but paradoxically, we don't mind adding discomfort to our lives in order to stretch ourselves, to grow, to make a difference. We'll accept pain for gain, which is why we will push our bodies so hard to become stronger and faster, why we'll rise

early despite fatigue to care for someone we love, why we'll sacrifice our time to help those in need, why we'll suffer through what is not right for a period of time to more sooner have what is right.

Thus personal freedom is more than just being free from pain, it is about being free to live, to truly enjoy and expand in life. It is not merely freedom from bad things that limit us, but freedom to experience good things that awaken us.

I dare you to ask yourself...
 "By who's rules do I live my life. By God's and the universal laws of love, compassion, joy etc, or by societal norms which have the capacity to diminish acceptance, love and support?"



Long ago, the human species transcended base animal instincts when we found reason, judgment, and intelligence. We were able to choose beyond our simple physical impulses to avoid pain or seek pleasure. We learned that meaning is more important than immediate pleasure, indeed, what have we learned from all our mentors, heroes, teachers, survivors leaders, saints and legends if not that in our finest hours we are willing to forgo pleasure and endure pain in order to have freedom, meaning, love and transcendence

And so, we want freedom from pain and yet, will celebrate meaningful struggle and hardship because we know those very things will free us from one level of life and set us into another. We know that pain can be necessary and heroic, that our difficulties need not be condemned but often seen as a rite of passage that opens the doors to greatness. In this way, personal freedom is perhaps an enlightened and romantic ambition heroic and poetic but real, nonetheless. It is the human drive to transcend. Could it be that the transcendence is personal freedom is the main motivation of mankind because it is also the ultimate demand and determination of the human experience in our living days we strive to have more freedom of choice and prosperity so that we can genuinely express ourselves and provide more opportunities to those we love. And in our last moments, all that we have suffered for and suffered from shall

be released as our souls slip into the ultimate freedom of the divine. That it is in life we seek freedom, in death we are released into its vastness.

Preparation for the coming week

What self-care are you committing to this week? _____

How many times and for you long? _____

Describe how it will feel to do this self care activity. _____

What is your commitment for focused change this week? _____

What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why. _____

How will you know you are achieving your commitment? _____

How will it feel to complete your committed to activity? _____

What might it mean in the bigger picture of what you are working towards?

Who do you need to contact to ask for help to action this commitment?

What is the real cost if you don't follow through? _____

What is the cost benefit of following through? _____

Week's Focus



Tasks to complete this week towards your goals

1. _____
2. _____
3. _____
4. _____
5. _____

Important activities to include in this week's planning

1. _____
2. _____
3. _____
4. _____
5. _____

Self Care, reward activity Ideas

- Read for pleasure
- Walk in the garden/park
- Play with children/pets
- Offer and host a dinner party or afternoon tea
- Write in your journal with honesty
- Speak with friends
- Speak with a life coach to get ideas
- Give another a helping hand
- Have a kids movie night with the kids, with favourite snacks
- Book a long weekend rest using a holiday pay day.
- Have friends sleep over a play board games all night.
- Go to a scent shop and explore your favourite aroma
- Continue a forgotten hobby
- Explore a new hobby
- Light your room with candles and read a favourite book
- Dance to favourite music
- Add items to your dream board
- Clean out your email list or old contacts

Meal Ideas – Focus on _____

Shopping List

"Truly great men and women are never terrifying; their humility puts you at ease." Elizabeth Goudge

Day 29

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

- Self Care for the day _____
- Books reading to learn and grow _____

In your Life's Journal record the following for the day:

By whose rules were you operating from today? _____

Now, we are going to explore things you want to change. Identify what you want to change and describe it as an out come.

How would you like to experience this in the future? _____

How would you like to feel about it? _____

What positive results will this have for you? _____

What other positive consequences are likely to happen? _____

What else could come from making this change? _____

What dreams or hopes were awakened during today? _____

Place these on your dream board.

What are the emotions and reactions needs addressing or healing?

"If I told patients to raise their blood levels of immune globulins or killer T-cells, no one would know how. But if I can teach them to love themselves and others fully, the same change happens automatically.

The truth is: love heals." Bernie Siegel

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*When individuals change, the whole planetary consciousness
also evolves. As above, so below
Richard Gerber*

Day 30

Breakfast _____

Morning tea _____

Lunch _____

Afternoon Tea _____

Dinner _____

Snacks _____

Self Care for the day _____

Books reading to learn and grow _____

"Do not pursue the past. Do not lose yourself in the future. The past no longer is, and the future has not yet come. Look deeply at life, just as it is arising in the very here and now. Recognise it - invincible, unshakable. Care for it with your heart and mind."

The Buddha

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How would you like to experience this in the future? _____

How would you like to feel about it? _____

What positive results will this have for you? _____

What other positive consequences are likely to happen? _____

What else could come from making this change? _____

What dreams or hopes were awakened during today? _____

Place these on your dream board.

What are the emotions and reactions need addressing or healing?

The man who removes a mountain begins by carrying away small stones."
Chinese proverb

Day 31

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

Self Care for the day _____

Books reading to learn and grow _____

In your Life's Journal record the following for the day:

By whose rules were you operating from today? _____

Now, we are going to explore things you want to change. Identify what you want to change and describe it as an out come.

How would you like to experience this in the future? _____

How would you like to feel about it? _____

What positive results will this have for you? _____

What other positive consequences are likely to happen? _____

What else could come from making this change? _____

What dreams or hopes were awakened during today? _____

Place these on your dream board.

What are the emotions and reactions need addressing or healing?

"To try is to risk failure. But risk must be taken because the greatest hazard of life is to risk nothing. The person who risks nothing does nothing, has nothing, is nothing. He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, live, and love.

Leo Buscaglia

*Anger is always an attempt to control the other through guilt.
Chuck Spezzano*

Day 32

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

Self Care for the day _____

Books reading to learn and grow _____

In your Life's Journal record the following for the day:

Now, we are going to explore things you want to change.

Identify what you want to change and describe it as an out come.

How would you like to experience this in the future? _____

How would you like to feel about it? _____

What positive results will this have for you? _____

What other positive consequences are likely to happen? _____

What else could come from making this change? _____

What dreams or hopes were awakened during today? _____

Place these on your dream board.

What are the emotions and reactions need addressing or healing?

"Prosperity is necessarily or even usually to be conceived in monetary terms, but by the blessings of life. Friends, happiness, contentment, sharing of abundances and the like"

*"Happiness walks on busy feet"
Kitte Turmell*

Day 32

Breakfast _____

Morning tea _____

Lunch _____

Afternoon Tea _____

Dinner _____

Snacks _____

Self Care for the day _____

Books reading to learn and grow _____

In your Life's Journal record the following for the day:

By whose rules were you operating from today? _____

Now, we are going to explore things you want to change. Identify what you want to change and describe it as an out come.

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What positive results will this have for you? _____

What other positive consequences are likely to happen? _____

What else could come from making this change? _____

What dreams or hopes were awakened during today? _____

Place these on your dream board.

What are the emotions and reactions need addressing or healing?

"The only reason we don't open our hearts and minds to other people is that they trigger confusion in us that we don't feel brave enough or sane enough to deal with. To the degree that we look clearly and compassionately at ourselves, we feel confident and fearless about looking into someone else's eyes."

Ane Pema Chodron

"Your peace of mind is more important than to worry about other people's thoughts about the way you behave, think or believe. Be true to you. No matter what"

Day 33

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

- Self Care for the day _____
- Books reading to learn and grow _____

In your Life's Journal record the following for the day:

By whose rules were you operating from today? _____

Now, we are going to explore things you want to change. Identify what you want to change and describe it as an out come.

How would you like to experience this in the future? _____

How would you like to feel about it? _____

What positive results will this have for you? _____

What other positive consequences are likely to happen? _____

What else could come from making this change? _____

What dreams or hopes were awakened during today? _____

Place these on your dream board.

What are the emotions and reactions need addressing or healing?

"No one can shut out unfinished business. No one can close the book on the incomplete sentence, the partial paragraph. The book, I say, will reopen itself. Its pages will blaze forth instruction – then quietly close when the lesson is learned."

Doris Kerns Quinn

"Keep relaxed. Don't tense up no matter what, for you only close off creative power when you do. The relaxed man is the powerful man."

Norman Vincent Peale

Day 34

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

Self Care for the day _____

Books reading to learn and grow _____

In your Life's Journal record the following for the day:

By whose rules were you operating from today? _____

Now, we are going to explore things you want to change.

Identify what you want to change and describe it as an out come.

How would you like to experience this in the future? _____

How would you like to feel about it? _____

What positive results will this have for you? _____

What other positive consequences are likely to happen? _____

What else could come from making this change? _____

What dreams or hopes were awakened during today? _____

Place these on your dream board.

What are the emotions and reactions need addressing or healing?

"We do not receive wisdom; we have to discover it for ourselves by a voyage that no one can take for us... a voyage that no one can spare us,

Marcel Proust

"You do not need anyone else's permission to live a creative life"
Elizabeth Gilbert

Day 35

Breakfast _____

Morning tea _____

Lunch _____

Afternoon Tea _____

Dinner _____

Snacks _____

- Self Care for the day _____
- Books reading to learn and grow _____

In your Life's Journal record the following for the day:

By whose rules were you operating from today? _____

Now, we are going to explore things you want to change.

Identify what you want to change and describe it as an out come.

How would you like to experience this in the future? _____

How would you like to feel about it? _____

What positive results will this have for you? _____

What other positive consequences are likely to happen? _____

What else could come from making this change? _____

What dreams or hopes were awakened during today? _____

Place these on your dream board.

What are the emotions and reactions need addressing or healing?

"The one with the primary responsibility to the individual's future is that individual."
Dorcas Hardy