

IF Today™ ...

The Inner Freedom Technique™:

A daily practice for releasing the fear that keeps you from doing what matters

The Five Steps of the Inner Freedom Technique™:

1. Connect with your vision
2. Reveal the thoughts, stories and beliefs (TSB) that get in the way of realizing your vision
3. Play with your TSBs. Make them spacious and hold them lightly.
4. Releasing practice: either Releasing Walk or Tapping (aka EFT) to release and dissipate the power of the TSBs
5. Take the next right action from your place of Inner Freedom

1. Connect with your vision. Make some notes about your vision here:

2. Reveal the thoughts, stories and beliefs that tell you your vision isn't possible. What negative TSBs show up when you imagine making your vision real? State them here:

3. Play with your TSBs – make them spacious and light.
a. State the opposites of the TSBs above here:

b. What are some in-between statements for the TSBs above?

Notice that the opposites, in-betweens and many other variations on thoughts are also true – sometimes even more true than the ones we were telling ourselves. Thoughts aren't truths – they are just thoughts, only that.

4. Releasing Practice. Which will you do: Releasing Walk or Tapping/EFT?
a. If you choose tapping, what belief or story will you begin with as your "setup statement"? (Search "tapping EFT" to learn the tapping process.)

5. What is the next right action for you to take now that you have created more spaciousness and freedom inside yourself?