



# What is freedom?

= The power to act, speak, or think as one wants without hindrance or restraint.

A fundamental human right. Revolutions, civil wars are fought for it.

And yet, the biggest source of hindrance and restraint is our own limiting decisions.

## Limiting Decisions

When we are young, we are learning the 'unwritten laws' of the world, defining our place within it.

People we trust tell us things and we believe them. Things about ourselves. And we take those beliefs out into our lives and replay the results over and over.

The more common sound like this: "I'm wrong", "I'm bad", "I'm not good enough" and "I'm nothing".

## Try This...

- » What do you say to yourself that starts: "I can't..." or "I'm too..."
- » What other limiting beliefs do you have - things that seem obvious and right - about money, love or work?
- » What is the source of each limiting belief about yourself and the world? Ask yourself - where were you when you decided that, or chose to believe it?
- » Where were you just before that? What would you do differently now?

Explore ways to get rid of limiting beliefs in our Play it Big workshop, or tackle them full-on with Results Coaching.

## Business Mastermind Group

Are you interested in a regular, free peer-feedback service in Nelson? When we have enough interest, we'll set it up!

email: [corporate@takeaim.co.nz](mailto:corporate@takeaim.co.nz)

**"One can never consent to creep when one feels the compulsion to soar." Helen Keller**



Find out more details about our workshops and coaching and register at:

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