



**HAVE THE COURAGE TO FOLLOW YOUR
HEART AND INTUITION. THEY SOMEHOW
ALREADY KNOW WHAT YOU TRULY WANT
TO BECOME. EVERYTHING ELSE IS SECONDARY.**

- STEVE JOBS

Freedom & Dreams

The opening from "Fame", a 1980's TV show, included a clip of Debbie Allen (one of the cast members and a world-famous dancer) saying "You got big dreams? You want fame? Well fame costs, and right here is where you start paying... in sweat."

Freedom isn't always free. There's a price, a cost, a sacrifice, if you will, to attain those big dreams. And ANY dream is big if it's real for you. Don't fall prey to dream scale shame. Just because your dream isn't the same size as the people around you, who cares? It's your dream.

Originally, this was the key area of "Fun", but I got clear very quickly that some of the things we do to achieve a sense of freedom aren't fun at all. Sure, there are the enjoyable times hanging out with friends and winning special awards, but along with that are the not-so-fun times of seeing those friends through hardships, and the work it takes to win those awards.

This Key Area of Success is all about anything that gives you a sense of freedom. It could be making extra strides to pay off debt, saving for a vacation, or in my case, winning a Grammy award. It's been a life-long dream of mine to win a Grammy and appear on national television to accept the award. That's not a goal that really falls into the other Key Areas of Success, and yet, it's important for me to be doing something towards that goal because it gives me a sense of freedom. You've already defined what freedom means to you: how it looks and feels. Now it's time to start brainstorming the goals that actually give you that vision of freedom as you've defined it.

What are a few goals, achievements, or major action steps you could take in the coming year to help you access that definition more frequently? What are things you could do to help you live your life in more alignment with your current definition of Freedom?

Crossover Is Normal

You may find that some of your Freedom goals are crossover goals from other Key Areas. This is normal. A lot of what we do as creative entrepreneurs can trickle over into multiple Key Areas of our life. What's important here is to not get overwhelmed with all the choices and options.

Hold On Loosely

Remember that today's focus will look much different with tomorrow's perspective, and that it's okay to change your mind later. For now, though, let's create a plan and start moving forward on it. Your GPS won't help you get anywhere until you take the car out of park and start moving. Even if you're heading in the wrong direction, the GPS can get you back on track. Be open to possibilities, and hold on loosely to the dreams you have today. Something even better may come along tomorrow. If you've detailed your other key areas first, you'll have a filter through which you can pass these new opportunities and ensure they're not just more bright, shiny objects to distract you from what really matters.

Dreamstorming

What are your big dreams? What would thrill you to see happen in your life and work? Brainstorm possibilities in the space below, and pay attention to what thoughts or ideas come up for you in the process of documenting these goals. There may be stories you're telling yourself. Document those goals anyway and ask yourself if they are really true, or if they just feel true in the moment.

Prioritizing Dreams

Return to your inner knowing, your divine guidance and ask yourself this question:

Based on the other goals I've already identified, and my current definition of Freedom, which of these goals are my top five, most important for the coming year?

Pick One

Thinking about Freedom as you've defined it, what one goal could you work on over the next 12 months that would give you both the greatest sense of freedom ***and*** a cause for celebration when achieved? How would you benefit from achieving this goal? What would you miss out on if you didn't make the shifts needed to accomplish this goal?