

How to Recreate Your Life

Lesson Two

Free Will **- you have the Power**

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Take Back Your Power

and

Create Whatever

You Truly Desire

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Part 1

Free Will

- Living a Life of Freedom



Introduction

How much of your life is predetermined and how much of your life do you live freely? How you choose to live your life and create your destiny is indeed within your control. While many people believe their destiny is already etched in stone, this is not true.

Fate is pre-determined.

Destiny is under your own control, it is the destination of your life!

The decisions that you take in your life directly affect your destiny.

You are the creator of your destiny. Through the practice of free will, you have the power to drive your destiny.

What Is Free Will?

Our beliefs about free will shape the way we interact with others as well as the relationships we form externally with others and within ourselves. Some research even suggests that our emotions can play a significant role in how we feel about free will.

Belief in free will embodies the philosophy that human beings can function as free individuals. A belief in self-power and self-awareness drives the behaviour of those who believe in free will.

Advantages of Free Will

Free will improves our sense of motivation and desire to take action, which contributes to a higher degree and feeling of self-control. These qualities can lead to the achievement of more fulfilling careers or better job performance.

Other positive effects of free will include life satisfaction, happiness, mindfulness and ambition.

Free Will And Controlling Your Destiny

Each of us can accept our free will and take control of our destiny.

(See Part 3 - "Real Magic" - for full details about how to do this.)

You have the ultimate power to take control of your destiny – you can map out your future – you choose your path in life. You can set out a precise definition of critical milestones and goals that allow you to achieve great success and happiness – and so create your destiny – achieving your destination!

Get Rid of Negative Energy

Free will enables you to disregard and get rid of the negative people and energy in your life that could harm your best-laid plans. The best way to take control of your destiny and exist with free will is to take control of which people live in your inner circle of friends, family, and peers.

Don't Be Average

Free will grants you the permission to reject the norm or to be average. Controlling your destiny demands that you do not settle for anything that will hold you back from achieving greatness and living your best life.

Make Powerful Decisions

With free will, you have the power to make decisions that shape your destiny. Decisions such as changing careers, moving to a new location, getting involved in a new hobby, or meeting new people can reshape your future in ways you might not have ever considered.

Exhibit Self-Determination and Self-Awareness

Having an awareness of self and recognizing what you are truly capable of achieving is an excellent way to take control of your destiny. Never forget what you have already accomplished and always keep before you what it is that you can ultimately achieve.

In Summary

Through the practice of free will, you have the ability to control your destiny, but it might require a complete change of mindset. We need to understand that we must create the environment and circumstances that enable us to control our destiny.

Coming Up Next ...

Living Your Own Life