

How to Recreate Your Life

Lesson Three

Living Your Own Life - the life that you choose

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Take Back Your Power

and

Create Whatever

You Truly Desire

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Part 2

Living Your Own Life

LIVING A LIFE THAT'S YOURS

Letting Go Of Confines, Restrictions And Limits



Introduction

The famous words of Ernest Hemingway capture how many of us feel in today's world:

"Don't you ever get the feeling that all your life is going by and you're not taking advantage of it?"

If this describes how you are feeling today, then it is time you started living a life that is truly yours.

Making changes to your life to achieve your dreams is not just a matter of learning new things, but also of un-learning old ways. You need to move beyond being a mere participant in your life, to experiencing real self-awareness and active consciousness - you have to be willing to take risks, make changes and release old attitudes.

If you are ready to let go of the restrictions and limitations that you and others have placed upon your life - and start living the life you have always wanted - then it is time you learned how to change those limitations and set the course that works for you.

If you have determined that you are ready to realize your dreams, then you are ready to learn the secrets of self-awareness, understand how you are contributing to your own limitation, and learn the tools and techniques that can enable you to achieve everything you desire.

Understanding Self-Imposed Limitation

On any day, you probably hear yourself or others say things like, "I'll never be able to..." or "I can't believe I am still figuring this out at my age." Thoughts like these are representative of self-imposed limitations, and the difficult thing about these thoughts is that we do not even know we

are setting them, and they are very hard to move beyond.

In our lives, we develop a set of understandings and assumptions about life, and these thoughts transform into a reality we firmly believe is real. For example, we all have assumptions about age and how it will affect us going forward. Depending on your background knowledge, experience with older people, family history, and level of health, you probably have many assumptions about what you should be physically capable of doing at any age.

These assumptions, though, are just thoughts. They are not real. There is no rule that says you cannot do something past a certain age; it is only we who place that limit upon ourselves or others. We make it so through our beliefs. This is an example of a self-imposed limitation, but many of us are not even aware that we have imposed these limitations on our ideas about aging. We just accept that this is what will happen and there is nothing we can do about it.

Once you become aware that thoughts like this are limiting forces in your life, and that you have the power to let go of those limitations and move beyond these barriers, you can reach a new level of self-awareness that results in achieving the dreams you have in life.

Self-Awareness

Self-awareness allows you to become the true navigator of your life. You are free to make decisions about what is best for you without the limits of self-imposed boundaries that are not real. Self-awareness allows you to become your authentic self and enjoy life in the **present moment**.

The Power of No Limits

Once you push past your acceptance of the limits that you and others place upon you, you can start enjoying your life and making it into what you want. The present becomes much more meaningful and important, as you are no longer waiting for the right time or for circumstances to change.

We make a living by what we get, but we make a life by what we give.

- Winston Churchill

Letting go of self-imposed limitations, then, is a key to helping you to re-examine your life and priorities, shedding the restraints that have been limiting your mind and your dreams, and realizing the dreams that will help you to live the life that you came here to live.

Reaching Your Full Potential

To become the person you want to be, to live the life that is yours, it is sometimes necessary to let go of old ways of thinking, so making way for new possibilities.

Stop Caring What Other People Think About You

The need to be liked, or for others to approve of you, is confining your decisions, and the only one that is unhappy is likely to be you. You do not have to be liked by everybody. So, who cares? The only people that matter are the ones who like you for who you are. You will never make everyone happy, and a life spent trying to accomplish this defeatist goal is a life wasted. Do you like everyone you meet? So, why should everyone who meets you like you?

Release this limitation and remain true to who you want to be. Improve, grow, and learn every day, and when people do not seem to understand what you are about, just remember that it is only because they are the way they are. **It is not about you!**

Stop Giving Energy to the Wrong People

The people in your life that occupy your time can combine to have a large influence on you. So, do not surround yourself with negative, depressing people. When you surround yourself with motivated, accomplished, optimistic people, their influence will raise you up. Reflect carefully on the people in your life with whom you spend the most time and make some honest decisions about who is pulling you down and who is raising you up.

Stop Giving Energy to the Wrong Tasks

When trying to achieve your goals in life, it becomes essential that you place your own needs and priorities above those that others would place upon you. If something does not support your goals or is not in line with your values, say, "No." When you turn down demands like these, you are really saying "Yes" to yourself. Instead, you are redefining the value of your time and energy to focus squarely on accomplishing your goals and living your own life.

Begin Living A Life That is Yours

Happiness is not something that happens to you, it is something you create, and it is an ongoing process throughout your life. If you want to be happy, then you have to start doing something.

Any journey begins with a single step, so if you are ready to live the life that is yours, then choose the first step and get going. Everything you do today will help you to be that much closer to your next big goal, and only by putting in the work and making the necessary efforts can you create the life that you want.

Believe that life is worth living and your belief will help to create the fact. ~ William James

Start by becoming aware of your goals, what it is that you wish to create, and acting each day as if you are already the person you want to become. Every day is an opportunity to expand yourself and to build your life into your dream, and the more you visualize this every single day, the more quickly you will start to believe it is yours. Make each choice in your life focused on moving you in the right direction. Become conscious that this is what you are working toward and make better choices every chance you get.

The purpose of human life is to serve, and to show compassion and the will to help others. - Albert Schweitzer

However, if you are sacrificing yourself more to help others to attain **their** goals to the detriment of **your** own dreams, it may be time to re-evaluate your priorities. Creating a life that is yours involves placing yourself and your dreams above those of others, which can be hard to do.

While it is certainly okay to live your life to help others sometimes, it should not be where you direct the majority of your attention, **if** this is interfering with **your** happiness and **your** goal attainment. Remember that you are important and redirect your energies when you need to.

Getting anywhere starts with action, so stop waiting for things to change or for the time to be just right. The perfect time is **now**. If the opportunities are not there currently, then build them, make them happen.

Write down an action plan, making each smaller goal tangible and one step closer to your ultimate aim. If you start moving forward and then realize those are not the right moves, make adjustments or start again, but keep working at it every day.

You are in charge of your own happiness, and only you can control your actions and emotions.

Living each day to its full potential is key to expanding the boundaries and living the life you have always wanted. Make the most of each day, ask yourself each day when you wake up, "What am I going to do today that means I am living the life I want to live – and be the person **whom I truly wish to be?**"

Every single one of us is endowed by nature with the ability to achieve excellence or outstanding accomplishment in at least one specific area – that unique reason why we are here.

You are a special, unique person and you have a meaningful contribution to make to the world. Every person is born with a purpose.

Life Purpose

As a powerful spiritual being, every body has a unique Life Purpose – a unique reason for being here - that only they can fulfill, in their own unique way.

How many people have discovered their Life Purpose? -

- their Calling - the reason they are here
- their personal mission in life.

**Life isn't about finding yourself. Life is about creating yourself. ~
George Bernard Shaw**

Have you ever asked yourself any of these questions?

Is this all there is?

Am I entirely on my own?

Why don't I seem to get any help?

Why don't I ever receive any inspiration?

Why do other people receive guidance and I don't?

Why doesn't my life seem to be worthwhile?

Is there really a reason for me to be here?

Is there some important work that I should be doing?

What is my life's work?

How can I discover my life purpose?

God gave us the gift of life; it is up to us to give ourselves the gift of living well. ~ Voltaire

What are you doing with your life?

Are you doing precisely the kind of work that makes you want to jump out of bed every morning, excited to begin a new day?

Does your work fulfill a need deep inside to express yourself, your talents, your values, your unique and precious gifts?

Does your work allow a balanced life – one that leaves time for family and friends, for physical activity or hobbies for you?

Are you doing what you love?

There is no greater gift you can give or receive than to honour your calling. It's why you were born. And how you become most truly alive. ~ Oprah Winfrey

You are a special, unique person

Every one is born as a spiritual being - to be a free spirit

You are a special, unique person and you have a meaningful contribution to make to the world. Every person is born with a purpose. There is a reason why you are here – you have a role to play that no one else can fill. The special contribution you came to make is your Life Purpose – which you fulfill by doing your Life's Work. When you are doing that work, you are following your higher path, and your life will be filled with increasing joy, abundance and well-being. Everybody is here for a unique Life Purpose – that only they can perform in their own unique way.

The purpose of life is to live a life of purpose. ~ Richard Leider

Every body is solely responsible for their own life

Everything is on purpose – all is perfect in a perfect world.

Unfortunately, this spiritual awareness and knowledge is 'knocked' out of us from soon after we are born, by parents, school teachers and other 'adults' who have had it taken away from them – and many of us are forced to live in a dull, mundane world – and not connected to the wonderful world of spirit.

Many people grow up being taught to have limited ambitions for themselves and that all things are not realistically possible. Except for a few fortunate individuals, our expectations of what is possible for each of us became very limited, our personal aspirations became very low.

Discovering Your Life Purpose

Every single one of us is endowed by nature with the ability to achieve excellence or outstanding accomplishment in at least one specific area – that unique reason why we are here. Nobody is created at random, every one of us has something valuable and special to contribute to the human race in this life-time.

You can tell where your potential area of excellence is:

- by looking at what interests you
- by looking at what attracts your attention
- by looking at the sort of things you would do if you were not being paid for them at all
- by looking at the sort of things you would do if you had no limits whatever on your abilities.

As you do your life's work, you will be creating your own path from day to day. No one is going to structure it or provide a plan for you to follow. You will have a sense of control over your life and know that you are in charge of your destiny.

As you commit to your life's work, you commit to being the builder of your own life. You can design your future by being alert and aware of opportunities, knowing when to take action and when not to take action.

If you don't design your own life plan, the chances are that you'll fall into someone else's plan. And guess what they have planned for you – Not much! - Jim Rohn

You are a spiritual being – with a unique Life Purpose that only you can fulfill.

It is important that you:

- have an absolutely clear **vision** of what it is your Life Purpose
- have taken a **decision** to achieve it
- have an absolute **belief** that you will achieve it
- have the **expectation**, the knowledge, that you will create it.

We can only change our world for **ourselves** - we cannot change the world for other people.

As you become specific about what you would like, your subconscious immediately goes out and begins to create it for you. You do not have to know when or how it will come. All you need to do is to get clear about what you want – dare to think big! – and think about it all of the time!!

It is so very important that we are not held back by negative people.

Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement. - Golda Meir

Learn to say "No" - to those people and things that contradict your values and everything that you stand for in your life?

Saying 'Yes' to everyone and specifically to toxic, negative people, can prove to be detrimental to your physical, psychological and social well-being.

You are **not** responsible for the happiness of other people – especially when it compromises or affects **your own** happiness.

What is Self-Empowerment

Self-empowerment means not having to be dependent on someone else for the ups and downs in your life. You are the owner of your happiness, your joy, your successes and what counts as true love.

Always be positive – it motivates you to want to be and to do better!

Empowerment will mean that you are an individual who is capable of telling the world how you feel. It will also give you the power to always be truthful. And lessen your need to endure any feelings of shame or guilt. When you become comfortable with saying 'No,' you will want to stand in your truth.

Being positive requires far less energy than being negative. Start by practising positive affirmations each day (see Part 3 of this course). Find one thing positive to say about yourself. Rebuild your circle of friends and support network to include positive people and slowly move away from those with negative energy. Find the people who want to see you succeed and will not discourage you when you decide to value yourself more highly.

Start documenting your successes. When something goes really well, write it down.

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour and some style. ~

Maya Angelou

Coming Up Next ...

Real Magic

– how to create whatever you truly desire