

# THE FREEDOM BLUEPRINT



with Tera Maxwell, Ph.D.



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## 1: CREATE YOUR VISION

Write below what is your vision (what you would feel so amazing to create in the next year)





## 2: OBSERVE YOUR PATTERNS & TRIGGERS

Define a pattern:

Define a trigger:

What is the biggest pattern in your life that is holding you back? How is it showing up?





## 3: RELEASE BLOCKS & LIMITING BELIEFS

Define a block:

Define a limiting belief:

What are the top 3 blocks that are holding you back in your life?

- 1.
- 2.
- 3.

Name 3 limiting beliefs that you're ready to let go of

- 1.
- 2.
- 3.





## 4: CHANGE CONSCIOUS THOUGHT PATTERNS

Write 5 visioning cues to help you when you get stuck in a thinking rut

1.

2.

3.

4.

5.





## 5: ACCESS DIVINE SUPPORT

Who do you want on your spiritual committee?

Write a letter to your angels thanking them as if it's already happened for what you need help with this week. Ask what is my part.

Brainstorm ideas and circle the one you feel intuitively is your next step.





## 6: LEVERAGE UNIVERSAL LAWS

Write the laws of affluence and other universal laws of abundance

What is the #1 law you could use right now to create a quantum shift in your life?





## 7: ACTIVATE THE VIBRATION OF YOUR DESIRE

Re-read your vision statement. How do you need to show up today to act in the vibrational frequency of whom you are becoming? Write these down as affirmations. (examples: I am confident. I am decisive. I am an influencer.)





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and post your comments or questions.

I'd love to hear from you.

Much love,  
Tera

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