

THE FREED CREED

I am a student, teacher, and coach who always carries a kind word of encouragement. I seek first to understand. I remain free of judgment. I am always open to learning of the battles others are fighting. I am a rock in the gravel.

Interference is the obstacle that becomes the way. I have chosen to master resistance. I realize it's purpose is to make me stronger. I understand I am forged through adversity. I do not seek the easy path.

I am present. I am in tune with the here and now. I realize the present has always been and will forever be the only manner in which I experience life. There is no past and no future that exists outside of my imagination. I am the the author of my stories and the master of my emotions. I curate my experiences. I choose to induce states that allow me to make the decisions that are a reflection of the leader I intend to become.

I choose greatness now. In this moment. Forever.

I am dead clear on what I control and pay no mind to what I can't . Worry is waste and I do not waste energy praying for what I don't want.

I am a master of meaning and interpretation. I seek meanings that empower me and allow me to complete my mission. I operate from 100% clarity.

I believe in possibility and know the resources that appear in my life are a direct reflection of my own level of personal commitment to my mission.

I have made peace with accountability. I am a man of my word. My word is my bond. I keep the promises I make to myself and others.

I choose to lead myself well. I have chosen to master the art of conscious decision making. I make decisions wisely and intentionally.

I am a humble man. I will never fall into the trap of believing I am special. I am a servant who will always remain in the trenches of the human condition. I do not seek the towers. My ego does not and will not run this show.

My beliefs and habits are consciously chosen by me. I design my life from the inside out. I have never been and will never be the victim of circumstance. I seek to create freedom on three levels; inner, outer, and for others.

I live fearlessly and unapologetically inside my own story.

I am the change that I intend to see in the world.