

A young girl with blonde hair in pigtails, wearing a white t-shirt and a denim skirt, stands on a sandy beach. She is holding a yellow kite string that goes up to a colorful kite flying in a cloudy sky. The ocean is visible in the background.

*be free!*  
*journal*

**Release**

The  
Words  
Holding  
Your  
Dreams  
Hostage

*MamaRed Knight*

**Be Free: Release the Words  
Holding Your Dreams Hostage  
The Companion Journal**



Published by igKnight Your World Publishing, 2020

First Edition, First Printing

Design and Writing ©2020, Jerilynne Knight

[TameTheBeasties.com](http://TameTheBeasties.com)

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, including (but not limited to) information storage and retrieval systems, electronic, mechanical, photocopy, recording, etc. without written permission from the copyright holder.

# Dedication

*Be Free: Release the Words Holding Your Dreams Hostage* is dedicated to all the amazing students who've shared their dreams with me and the private co-sulting clients who have trusted me to be their guide and mentor as they navigated the treacherous waters of being a BizOwner.

May you be blessed and may you ***always*** remember how very special you are.









































































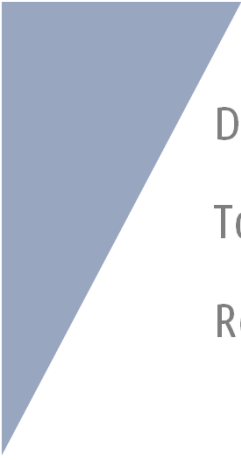












Date

---

Today's Focus

---

Replacement

---

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Don't let anyone steal your dream.  
It's your dream, not theirs.

~ Dan Zadra

*Be free journal*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

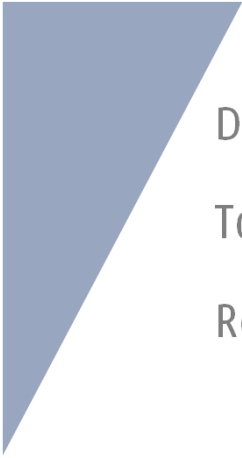
---

---

---

---

---



Date

---

Today's Focus

---

Replacement

---

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

And no one will listen to us, until we listen to ourselves.

~ Marianne Williamson

Be free journal

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

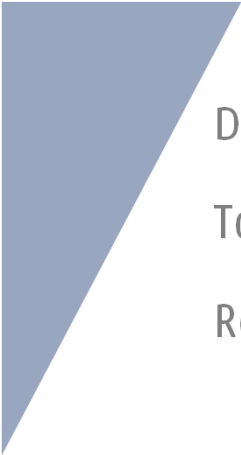
---

---

---

---

---



Date \_\_\_\_\_

Today's Focus \_\_\_\_\_

Replacement \_\_\_\_\_

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





Date

---

Today's Focus

---

Replacement

---

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

A woman is like a tea bag — you can't tell how strong she is until you put her in hot water.

~ Eleanor Roosevelt

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

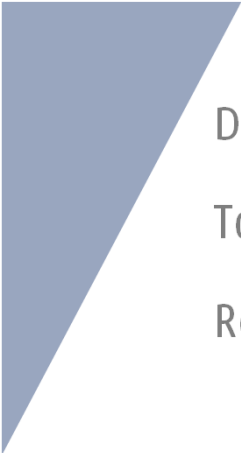
---

---

---

Be free journal





Date \_\_\_\_\_

Today's Focus \_\_\_\_\_

Replacement \_\_\_\_\_

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

Lend yourself to others, but give yourself to yourself.

~ Michel de Montaigne

Be free journal

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

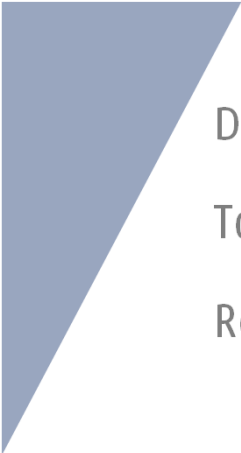
---

---

---

---

---



Date \_\_\_\_\_

Today's Focus \_\_\_\_\_

Replacement \_\_\_\_\_

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Your problem is... you're too busy holding onto your unworthiness.

*~ Ram Dass*

*Be free journal*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

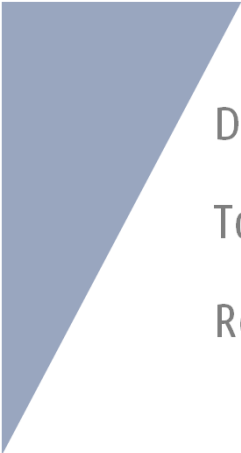
---

---

---

---

---



Date

---

Today's Focus

---

Replacement

---

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Words are the guides to acts—  
the mouth makes the first move.

~ *Rabbi Leon da Modena*

*Be Free Journal*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Date

---

Today's Focus

---

Replacement

---

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Other people's opinion of you  
does not have to become your reality.

*~ Les Brown*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

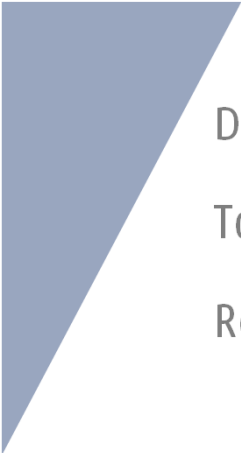
---

---

---

*Be free journal*





Date \_\_\_\_\_

Today's Focus \_\_\_\_\_

Replacement \_\_\_\_\_

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Never tell me the sky's the limit  
when there are footprints on the moon.

*~ Unknown*

*Be free journal*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

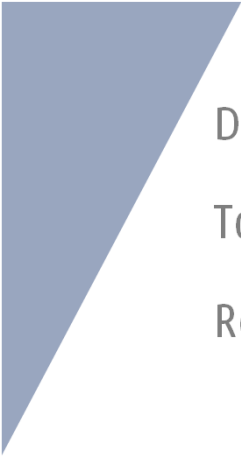
---

---

---

---

---



Date

---

Today's Focus

---

Replacement

---

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Never give up on something that you  
can't go a day without thinking about.

~ Unknown

*Be free journal*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Date \_\_\_\_\_

Today's Focus \_\_\_\_\_

Replacement \_\_\_\_\_

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Everything is okay in the end,  
if it's not ok, then it's not the end.

*~ Unknown*

*Be free journal*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Date

---

Today's Focus

---

Replacement

---

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

When you love who you are, there is no thing unconquerable,  
no thing unreachable.

~ *Ramtha*

*Be free journal*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

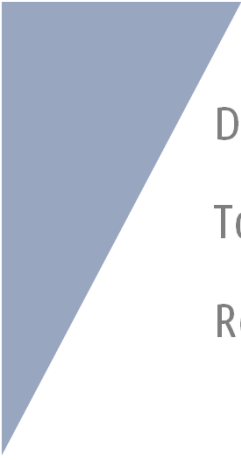
---

---

---

---





Date

---

Today's Focus

---

Replacement

---

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Be a gamechanger, the world has enough followers.

~ *Unknown*

*Be free journal*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

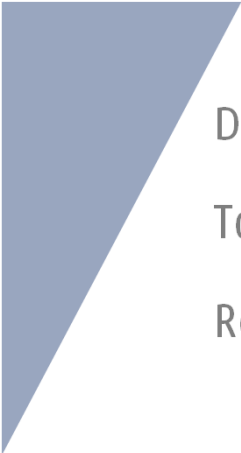
---

---

---

---

---



Date

---

Today's Focus

---

Replacement

---

How did you feel when you used the word you're focusing on today? How did you feel when you used your replacement? Check in physically...what do you feel when you use each word? What else did you notice?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Everything is okay in the end,  
if it's not ok, then it's not the end.

*~ Unknown*

*Be free journal*

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## About the Author

As soon as Jerilynne (aka MamaRed) Knight discovered the joy of words on a page, she was hooked...reading, learning, teaching became her version of “crack” and “play.”

The only problem was that she didn't realize an “internal editor” was destroying her soul and belief in herself. When her first coach called her out on how she was beating herself up, she took a baby step to retrain her brain.

And that's how *Be Free: Release the Words Holding Your Dreams Hostage* (the book and the journal) came to be.

Please join her in the quest for:

Voices Heard | Messages Shared | The World Transformed

# Let's Connect!

Telephone	203.626.2054
Email	MamaRed@MamaRedSpeaks.net
LinkedIn	LinkedIn.com/In/MamaRed
Facebook (Profile)	Facebook.com/MamaRed
Facebook (Page)	Facebook.com/TameTheBeasties
Pinterest	Pinterest.com/MamaRedPins
Twitter	Twitter.com/MamaRedKnight

**It's very simple...**

**You are loved.**

**You are loving.**

**You are lovable.**

*~ MamaRedKnight*