be free! journal

Release

The Words Holding Your Dreams Hostage

MamaRedKnight

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

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.

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

You have a choice. Live or die. Every breath is a choice.
Every minute is a choice. To be or not to be.

~ Chuck Palahniuk

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

You have a choice. Live or die. Every breath is a choice.
Every minute is a choice. To be or not to be.

~ Chuck Palahniuk

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

With the new day comes new strength and new thoughts.

~ Eleanor Roosevelt

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

Whatever words we utter should be chosen with care, for people will hear them and be influenced by them, for good or ill.

~ Buddha

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

We need more kindness, more compassion, more joy, more laughter.
I definitely want to contribute to that.

~ Ellen DeGeneres

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

We are made of the stories we have heard
and read all through our lives.

~ Diane Setterfield

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

To get through the hardest journey we need take only one step at a time, but we must keep on stepping.

~ Chinese Proverb

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

There is little success where there is little laughter.

~ *Andrew Carnegie*

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.

~ Marcel Proust

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

The strongest principle of growth lies in human choice.

~ George Eliot

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

The most wasted of all days is one without laughter.

~ e. e. cummings

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

The future belongs to those who believe
in the beauty of their dreams.

~ Eleanor Roosevelt

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

One does not discover new lands without consenting
to lose sight of the shore for a very long time.

~ André Gide

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

Laughter is America's most important export.

~ Walt Disney

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

Kindness in giving creates love.

~ Lao Tzu

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

I know nothing in the world that has as much power as a word.
Sometimes I write one, and I look at it until it begins to shine.

~ Emily Dickinson

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

I freed a thousand slaves...I could have freed a thousand more
if only they knew they were slaves.

~ Harriet Tubman

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

I am not a has-been. I am a will be.

~ Lauren Bacall

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

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

~ Dan Zadra

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

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

~ *Marianne Williamson*

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

All journeys have secret destinations
of which the traveler is unaware.

~ Martin Buber

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

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

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

Lend yourself to others, but give yourself to yourself.

~ Michel de Montaigne

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

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

~ Ram Dass

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

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

~ Rabbi Leon da Modena

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

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

~ Les Brown

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

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

~ *Unknown*

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

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

~ *Unknown*

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

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

~ Unknown

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

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

~ Ramtha

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

Be a gamechanger, the world has enough followers.

~ Unknown

be free journal

Copyright Tame TheBeasties, Inc.

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?

Copyright Tame TheBeasties, Inc.

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

~ Unknown

be free journal

Copyright Tame TheBeasties, Inc.

Notes

be free journal

Copyright Tame TheBeasties, Inc.

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

Copyright Tame TheBeasties, Inc.

It's very simple...

You are loved.

You are loving.

You are lovable.

~ MamaRedKnight

Copyright Tame TheBeasties, Inc.