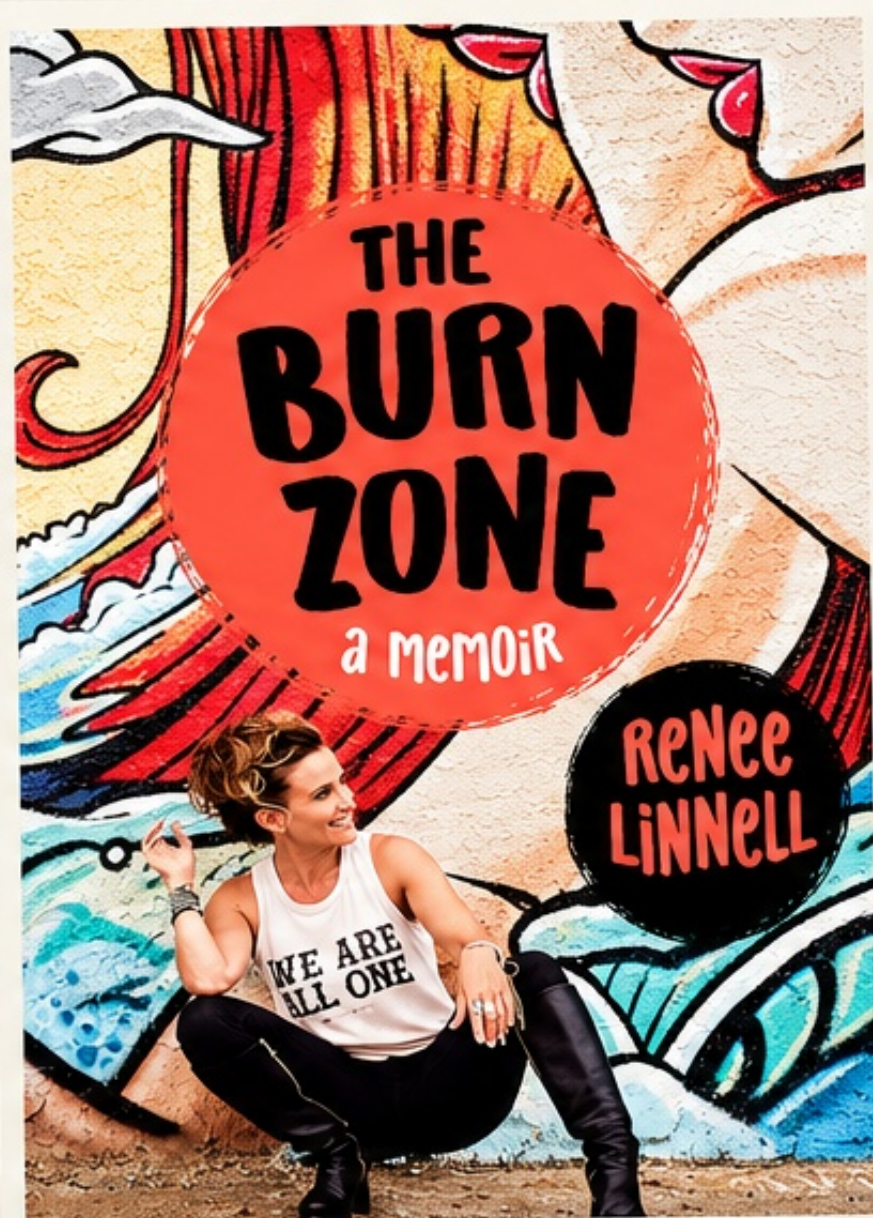


YOU
WERE
BORN
FREE.

A
THREE-PART
COMPANION
JOURNEY



Reflection.
Exercises.
A Deeper
Connection to
Yourself.



THE BURN ZONE

Reclaiming Your Knowing

A SELF-PACED JOURNEY TO REMEMBER WHO YOU ARE



RENEE LINNELL

YOU WERE BORN FREE.

“The only way to true joy, to true bliss, to true freedom, is to begin the work of uncovering our real selves.”

- THE BURN ZONE

Remember Who You Were

Before the résumé. Before the roles. Before the rules. Collect the clues you left behind before you became skilled at approval.

BEFORE YOU LEARNED TO PERFORM

What could you do for hours? What did you collect, make, read, explore, organize, perform, or obsess over?

THE PARTS THEY TRIED TO TONE DOWN

What were you told was too loud, too sensitive, too bossy, too dreamy, too intense, too wild, too emotional, too independent, too

curious, too much?

“Our difference is our destiny.”

- THE BURN ZONE

What Do You Love?

Do not ask, "What is my passion?" Collect data. Make a ridiculously specific list.

My love list

Foods, smells, music, landscapes, clothes, rhythms, people, movement, beauty, solitude, noise, work, play. Tiny things count.

Your Gifts & Your Help

Your gifts may feel easy. Your weaknesses may be clues about where collaboration belongs.

People ask me for help with...

Things I am naturally not good at...

A different way to handle those things...

Delegate, trade, simplify, hire, ask, or stop doing what does not need doing.

The Life You Inherited

Which parts of your blueprint did you consciously choose, and which simply came next?

The blueprint I inherited...

If nobody were disappointed, confused, embarrassed, or worried about me, I would still choose...

*“You already know the answers you seek, you just need to
get still enough to listen.”*

*“No guru can replace your own Inner Knowing, no one outside of
yourself should.”*

- THE BURN ZONE

Reclaim Your Inner Authority

Your life can look free while your decisions are still outsourced.

BEFORE THE EXPLANATION

Think of a time your body knew something before your mind could defend it.

Whose Voice Is That?

Write one rigid belief about who you are or how you should live. Who taught it to you?

PRACTICE

The Permission You Keep Requesting

Choose one current question. Gather facts, but temporarily stop asking everyone else to decide.

The question...

If nobody else got a vote, my answer would be...

PRACTICE

The Cost of Belonging

Think of a relationship, group, workplace, family system, community, or identity where belonging mattered deeply.

I became more acceptable when I...

I hid this part of myself...

I feared that if I changed or left, I would lose...

*“It is our work to not blend in, our work to stay
true to ourselves.”*

- THE BURN ZONE

PART THREE

Build a Life That Fits

The point is not to blow up your life. The point is to inhabit it.

YOUR BREADCRUMBS BACK

List small things that feel unmistakably like you.

COME BACK INTO YOUR OWN LIFE

Choose one small act of care for body, food, clothes, home, rest, and pleasure.

PRACTICE

Tell One Clean Truth

Choose one truth you are tired of editing.

The truth I keep editing...

The cleanest version of it...

The tiniest way I can honor it...

*“I have stopped trying to be one or the other. I am
all of it.”*

“I’m proud to be me.”

- THE BURN ZONE

All of It

What would a life look like that had room for both the parts you approve of and the parts you hide?

The part I approve of...

The part I try to hide...

“Follow your heart, follow your dreams, follow your passions. They are given to you for a reason.”

- THE BURN ZONE

YOU
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YOUR
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IS YOUR
DESTINY.

LIVE WILD.
LOVE DEEPLY.
STAY FREE.



YOU WERE BORN FREE.

MORE
YOU.
A BRIGHTER
WORLD.

