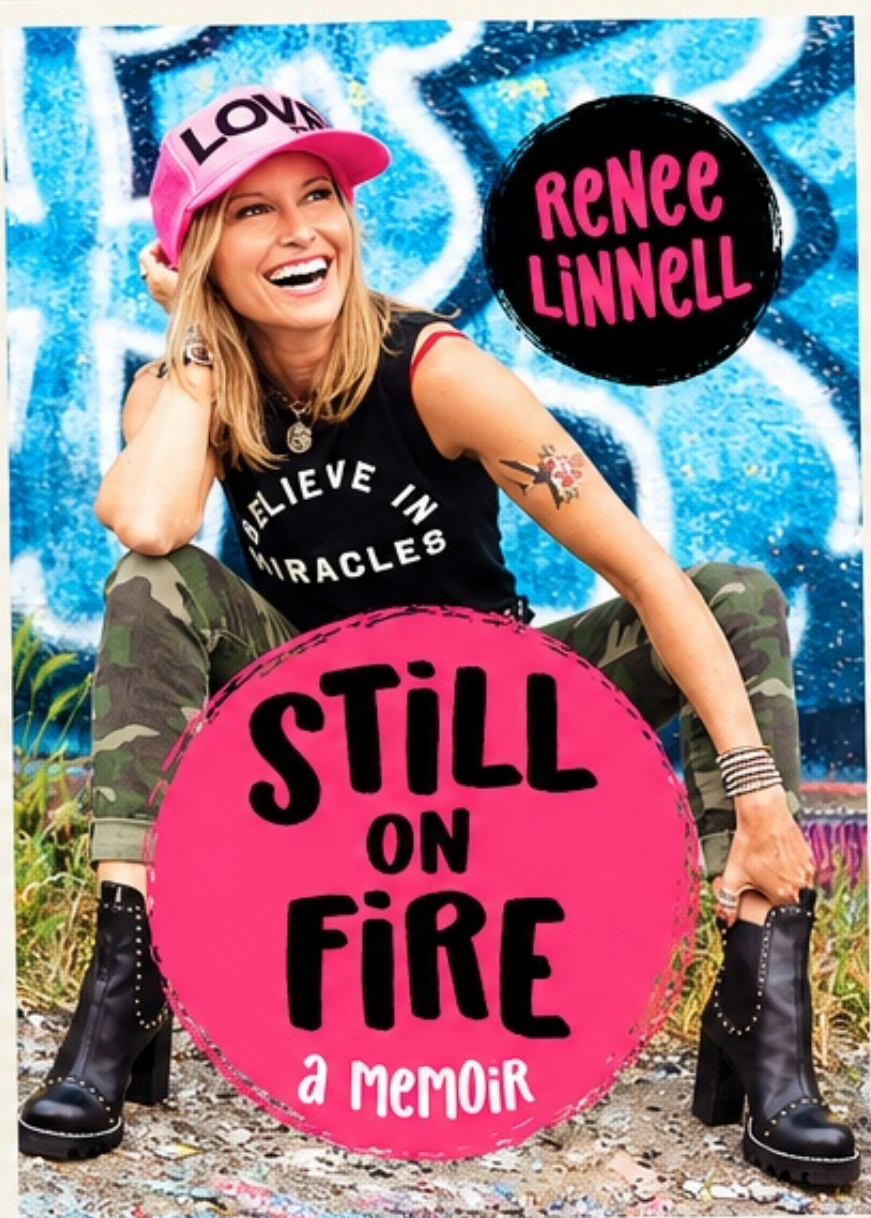


YOU
WERE
BORN
FREE.

A
THREE-PART
COMPANION
JOURNEY



Reflection.
Exercises.
A More Alive
& Authentic
You.



STILL ON FIRE

Reclaiming Your Aliveness

A SELF-PACED JOURNEY TO DISCOVER WHAT YOU ACTUALLY WANT



RENEE LINNELL

YOU WERE BORN FREE.

“The time to live is now. Our life is now.”

- STILL ON FIRE

WELCOME

Okay. But What Do You Want?

Not knowing is not emptiness. It is space. This journey is about noticing where your life force went quiet—and inviting it back.

START RIDICULOUSLY SMALL

What do you want to eat, wear, hear, do, feel, stop, begin?

*“Why spend any moment of it afraid? Why hide
who we are? Why limit ourselves?”*

- STILL ON FIRE

PART ONE

What Do You Want?

Not what should you want. Not what makes sense. What pulls you?

THE WANT LIST

Write what you want to experience, learn, taste, try, wear, visit, create, own, feel, change, or understand.

JEALOUSY IS INFORMATION

What is someone else's life showing you that you want?

“Life only feels “over in a flash” if we keep postponing joy and love for a later date.”

- STILL ON FIRE

The Someday List

What have you postponed until you are thinner, richer, less busy, partnered, single, retired, healed, certain, brave, or

ready?

Someday I will...

One thing that can begin at 10% scale...

Come Back Into Your Body

This is not about fixing your body. It is about living inside it again.

When Did You Stop Inhabiting Yourself?

When did movement become exercise instead of pleasure? Getting dressed stop being expression? Rest become something you had to

earn?

“Our body is so incredibly wise. It is always looking out for us, warning us, but we have to pay attention.”

- STILL ON FIRE

What Does Your Body Love?

Not what is optimal. What does your body genuinely enjoy?

Movement

Touch & texture

Food

Place

Where does your body soften?

PRACTICE

Dress the Woman Who Exists Now

Open your closet—not for a purge, but for information.

What belongs to an old identity?

What did you stop wearing because you thought you were too old, too much, too sexy, too weird, or

not enough?

PRACTICE

Care, Not Correction

Choose tiny acts that make you feel cared for. No punishment disguised as wellness.

Movement / food / sleep / body / home / pleasure

What would care look like this week?

*“We need you, as you, here, now, expressing
yourself fully.”*

“Trusting yourself. Trusting the ways you are different.”

- STILL ON FIRE

PART THREE

Go Full-Blown Alien

What if being understood by everyone is not the goal?

THE PARTS YOU STILL EDIT

Where do you soften your opinion, hide an interest, pretend not to want something, dress differently, or become less intelligent,

sexual, spiritual, ambitious, emotional, or strange?

“Do we keep trying to fit in? Or do we just eventually give up and go full-blown alien?”

- STILL ON FIRE

PRACTICE

Build an Adventure Menu

Adventure does not have to mean flying to Mongolia.

Today

Something new in under an hour.

This month

A class, drive, hike, dinner, event, or small trip.

This year

Something requiring planning, saving, or courage.

The big one

What makes your stomach flip?

PRACTICE

Follow the Energy

For one week, notice what gives you energy and what drains it.

I felt more alive after...

I felt flatter after...

No judgment. Just data.

The pattern I notice is...

“Authenticity is magnetic.”

*“The people we admire the most are those who are completely,
unapologetically themselves.”*

- STILL ON FIRE

Build an Aliveness List

Create a personal menu you can return to when life gets gray.

Things that reliably wake me up...

People, music, movement, beauty, sex, solitude, novelty, nature, creativity, laughter, travel, learning—whatever is true for you.

If Your Life Belonged Completely to You...

No audience. No approval. No performance. No one to impress and no one to disappoint.

What would you want more of?

What would you want less of?

What is one thing you are willing to do about that now?

GO
FULL-BLOWN
ALIEN.

LIVE WILD.
LOVE DEEPLY.
STAY FREE.



YOU WERE BORN FREE.

