



# MY FREEDOM

## What Does It Look and Feel Like?

*Freedom is more than a place—it's a way of being."*


Close your eyes and imagine you are living in total freedom. What does your life look like? Where are you? Who is with you? What are you doing? How does it feel in your body and in your heart?

### 1. DRAW YOUR FREEDOM

Draw a picture of what your freedom looks like.

#### 2. WHAT DO YOU SEE?

Describe what is in your picture.



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#### 3. HOW DOES IT FEEL?

Describe the emotions, feelings, and sensations you experience in this picture.



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#### 4. WHAT ARE YOU DOING?

What activities, routines, or opportunities are a part of your freedom?



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#### 5. WHAT DOES FREEDOM MEAN TO YOU?

In your own words, define freedom.

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