

"Changing lives one chapter at a time!"

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free spirit

HOW SELF-LOVE, CHAOTIC CREATIVITY
& QUESTIONABLE CHOICES TAUGHT ME TO LEAD



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Questions to Free Your Spirit

Throughout my Free Spirit journey, I could see that my younger self held a lot of clues as to who I wanted to be in the world. I do believe our little selves hold the keys to our purpose when we're able to ask ourselves questions about our stories.

1. The First Thing You Loved To Do

The experience of “putting on a show” has followed me throughout my career and life. I know now that it's part of my purpose.

So, I pose this question now to you: Can you remember something you loved to do when you were really small? Don't overthink it, just mentally note it. When you look back at old photos or videos, what activities or hobbies are you enjoying? When did you feel happy, playful, fully alive?

2. Being Seen

When Miss Denise told me that I had “a sort of fearless cockiness that was quite endearing,” I knew she had fully seen me for who I was.

Do you have a childhood memory of being seen? Perhaps think of a time when you were taking part in one of your favourite activities and adults or peers would say, “well done.” Can you remember a time when someone took in your spirit as they watched you wholeheartedly?

3. An “Other Voice”

Do you recall having an “other voice” in your head? Do you remember what it said to you when you were young? Did it question the things you experienced?

Questions to Free Your Spirit

Our choices create our results. Our feelings towards those choices dictate how we live and what our beliefs inevitably are. It's important we look back at mishaps and struggles with an open heart and mind around how we created the patterns in our life so we can choose to see our circumstances in a new light. It's also necessary to see where we derived meaning in our lives, what kinds of people or experiences made us feel accepted and how we may have already learned to detach our sense of self from external validation.

1. First Love

Do you remember your first love? What was it about them that you admired or adored? What turned you off about them? Who were you with this person?

2. Being Wanted

Have you ever asked yourself, "Why doesn't he/she want me?" Looking back now, what do you think the answer was?

3. Independence

When you finally had a taste of independence, did you feel lost or secure in your place in the world? What gave you a feeling of meaning? Was it your job? Your hobbies? Your relationships?

Questions to Free Your Spirit

1. Experiments

Have you experimented with your sexuality? What did you learn about yourself?

2. Doing What Doesn't Feel Right

a. Have you been in a relationship with someone who you knew wasn't right for you but you stayed anyway? Why did you stay?

b. Have you been in a relationship that lacked trust or respect? How did that make you feel?

c. Did you ever do anything crazy (like my \$8,000 phone bill) to keep your relationship alive and going? Did you jeopardize your job or loss friends for love?

d. Have you been cheated on? If so, how did that make your spirit feel? Of if you were the cheating one, how did it feel to do that to someone else?

3. Make A List

Write out in point form a list of things you are engaged with at this very moment that don't feel 100% right to your heart.

EXAMPLE:

- Eating too much
- Not being as active as I'd like
- Not being as patient with my kids
- Stressing about work
- Not being honest with my Mom

It could be little things that maybe you spend a lot of time thinking about yet are shaping your reality. To free your spirit means to be completely truthful about who you are and clear with what you want.

Remember that this exercise is meant to help you just notice your tendencies, not berate yourself in any way.

When I look back on my relationship with Fed, I can see how I too played into our destructive pattern. I engaged in things that didn't feel right to my heart, but ignored it due to my need or desire to be wanted.

Questions to Free Your Spirit

There were many clues into my true nature and what it was I wanted out of my life. Adventure. Determination. Desire (A.D.D) were key factors, along with experiencing many different avenues of interest. I had an ability to just go for something I wanted that I cultivated over the years so it was easier to say YES to possibility and to be able to creatively see an opportunity when it presented itself.

Dream Job

1. Did you ever land a dream job? What about the job was dreamy?

Blowing It

2. Have you ever gotten something that you really, really wanted and then blew it? How did you blow it? And why?

Crazy Ideas

3. Have you ever had a crazy idea like leaving the country or managing a band and you actually followed through? Did you get anything out of this choice?

Confidant

4. Have you ever had a friend you could tell anything to? Do you remember how it felt to have that kind of trusting relationship?

Stunts

5. Have you ever done something really stupid to impress someone? How did that turn out?

Questions to Free Your Spirit

Self-love habits were the foundation for my new perspective on life. First and foremost, the relationship with yourself is the one that needs to be nurtured the most. When that happens, all other relationships, your work, a potential partner, your friends, your lifestyle choices all fall into place. To begin and sustain a loving, open and trustworthy relationship with yourself you must make time. Your priority is you. What can you do to set the stage for lovely activities with yourself? Some of my favourites are lighting candles, enjoying an epsom salt bubble bath, listening to meditative music and journaling. Find what works for you and don't forget to spoil yourself often in loving, kind, heart-felt ways.

1. Solo travel

Have you ever gone on a trip by yourself? Maybe a road trip or a weekend away? If so, what did you learn about yourself during that time?

2. Teachers

Have you studied the work of any “gurus?” What speaks to you most in their teachings? What have you incorporated into your life as a result?

3. Habits

Have you ever eaten vegetarian or given up a habit, like smoking or drinking, that maybe wasn't the best for you? How did that make you feel?

Do you find it hard to stick with good habits? Why or why not?

4. Keeping a Record

Have you done any journaling around moments in your life that were either really hard or super inspiring? When's the last time you read them (maybe it's worth a read to see where you are at now)?

Questions to Free Your Spirit

This was a critical part in my life where I got to witness who I was around others and what I brought that was uniquely ME to the ring. I caught myself in a team setting, and in a leadership role and I got to see my strengths and weaknesses in both. It was a time to learn how to interact with all walks of life in a way that created connection and trust. I met a lot of new and diverse people during this time, and I loved interacting in a way that was respectful and honest and noticing when I could have done it better.

1. Outgrowing

Have you ever felt out of place with your old group of friends? Like you'd outgrown them or just weren't a fit any longer? What did you do?

2. Timing

Have you ever had a big vision for your life but knew the timing was off? Like you had to experience some things first before it could come to fruition? What did you do?

3. Stumbling & Falling

Have you ever let your team down before? How did you feel about yourself? What was your self-talk like?

4. Resting

Are you someone who can allow rest and rejuvenation into your life easily or are you go-go-go, push-push-push all the time? How do you feel when you finally stop for a while?

5. Risk

Ever done something really courageous like hop on a plane or declare your love to someone...and it worked out? How did that make you feel?

Questions to Free Your Spirit

1. Fulfillment

Did you ever have a job that you just loved? One that filled you with so much joy and excitement? If so, what was it and why did you love it?

2. Release

Have you found a technology for releasing past hurts or emotions that may be trapped inside? If so, what helps? What tools are in your tool kit when you are suffering?

3. Duped

Have you ever been duped? Ever thought you'd found the right guy but then it turns out that they're far from being your dream partner?

4. Intuition

Do you have premonitions? Like when your intuition kicks in and has future information for you? Like my "I'm going to love this guy for life."

5. Hard to Get

Have you ever played hard to get? If so, why did you choose to not give your love up so easily?

Questions to Free Your Spirit

1. Trust

Has the issue of trust ever been a concern in your relationships, whether with friends or a loved one? What did you do about it?

2. Messing Up

Have you ever gotten something you've always wanted, just to sabotage it in some way because you were scared?

3. Uniquely You

Are you able to deviate from the way in which "things are usually done" and create your own path? Are you confident in creating something your own way even though it goes against tradition or what people are used to?

4. Value

What do you value in life? Download my values list at www.aderangelucci.com and circle 4-5 that really resonate with you. Ask yourself if you are living out those values today, and with your partner.

5. Pros /Cons

Write a pros and cons list about your partner and with an open heart go through them together. If you can remain loving and light-hearted, it really is a telling and fun exercise.

Questions to Free Your Spirit

1. Gifts of Sorrow

What moments in your life brought you great pain or sorrow? In retrospect, what did those experiences or people gift you?

2. Playing the Fool

Have you ever taken the lead in a situation and maybe underperformed or attracted zero interest from followers? How did that make you feel? What did you learn?

3. Purpose Possibilities

Looking over the purpose possibilities (in this chapter), which one of the four most intrigues you? Here they are below:

- Help someone else have an experience of themselves.
- Help someone else have more ease and grace in their life.
- Help someone else overcome a challenge or obstacle.
- Help someone understand something at a deeper level.

4. True Spirit

Do you let yourself mess up or do you try and act perfect most days? What's the fear in letting your true (occasionally messy) spirit shine?

Questions to Free Your Spirit

1. Judgement

How have you judged your surroundings? Are there certain things that people do that make you feel unsafe or outside your comfort zone?

How do you react? Think of a time you went somewhere or saw something that got your judgement to boil up. Did you retreat or pull back from the situation? Did you engage in conflict? How did that go?

2. Wildest Dream

If you were to really give it a go, what would you do?

Would you change careers? Start singing? Be a chef? Create a business? Buy a property? Tell someone you love them?

If you need any help with the above business endeavours, I'm here for you! You can check out my free content and other services at aderaangelucci.com. I look forward to hearing your story and working out a strategy to lead with your light.