

# HOW TO

(designed to be easy and quick)

1) Print pages 2-4 of this document.

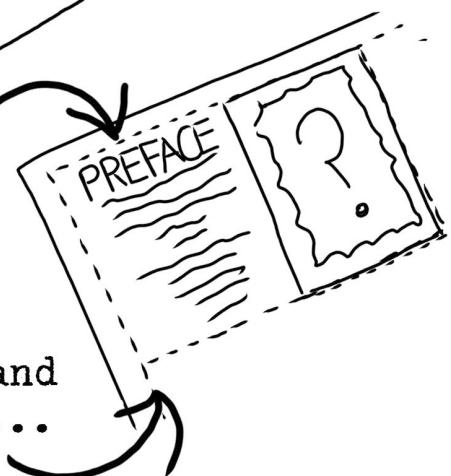
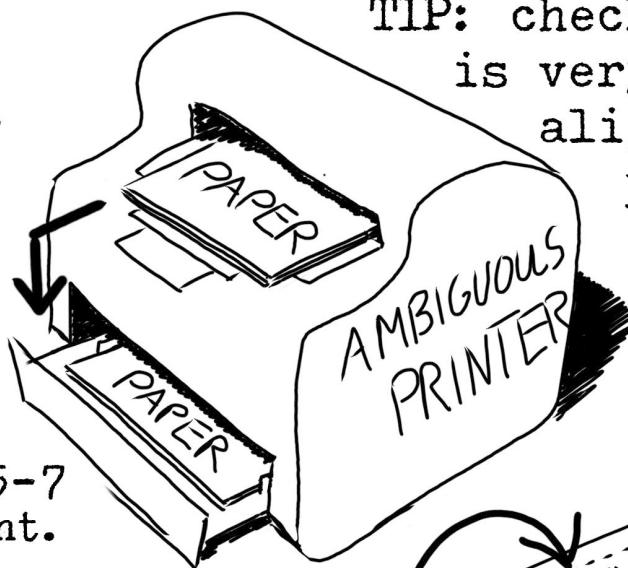
2) Once all sheets have printed, take the pile and move it into the paper tray, without rotating or flipping it.

3) Print pages 5-7 of this document.

4) Trim the edges along the dotted line, without losing the order and orientation of the pages.

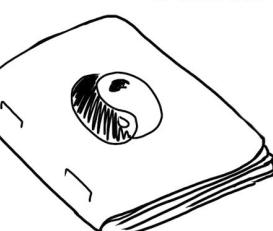
5)a) With the pile in front of you and the PREFACE in the top left corner...

TIP: check the paper is very centrally aligned in the paper tray.

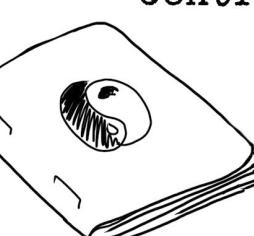


5)b) Cut the trimmed pages into 4 quarters following the dotted lines and edges of the pages...

5)c) As you cut them out, add each page on top of the pile. The order is:  
top-left, top-right,  
bottom-left, bottom right,  
next page, repeat.



TIP: if you lose the order, just refer to the online version!



..Finished! Or rather, just getting started...

## PREFACE:

This is not the thing.

The thing is in you.

This is only a paper mirror.

Treat this as you feel to.

This has been designed as something you do, rather than something you read. There is much between each page, a distance crossed by feeling and doing, not just thinking.

The more you put into this, the more you may get out of it.

Having something to write answers and musings is recommended; a notebook or journal you can come back to is ideal. There is some space at the back.

Everything herein can be ignored, doubted, criticised, avoided, modified, or reproduced as you feel. Especially it should be, because it is definitely trying to brainwash you.

All declarations ask not be mistaken for attempts at objective truth.

This is for you.

Do with it what you will.

If you were  
totally  
free,  
what would  
you do?

What would your  
day look like?

How would you  
approach life?

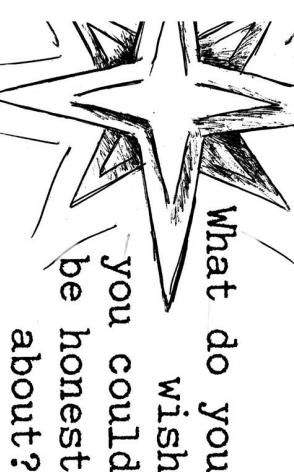
Now that you can  
see your choices,  
which feels most  
worthwhile/right  
for you?

Are you who  
you expected  
yourself to  
be?

What do you have  
to do?  
Why do you have  
to do it?

What happens if  
you don't?

So, technically,  
you could not?

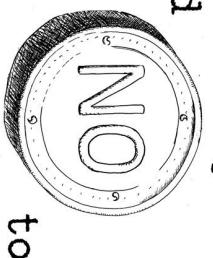


What do you  
wish  
you could  
be honest  
about?

What, if anything,  
tries to stop you  
choosing as you  
feel? Can you do  
anything about it?



When was the last time you said

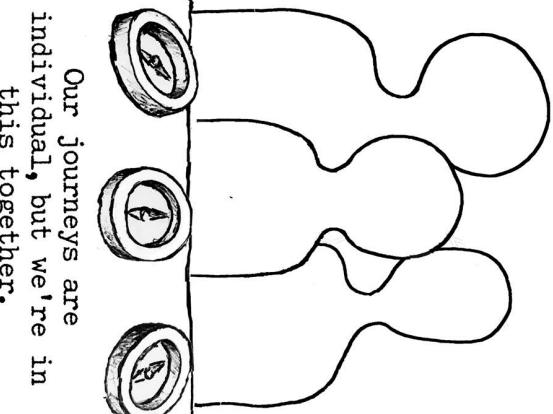


to stand up for what you needed or how you felt?

How did you feel before?

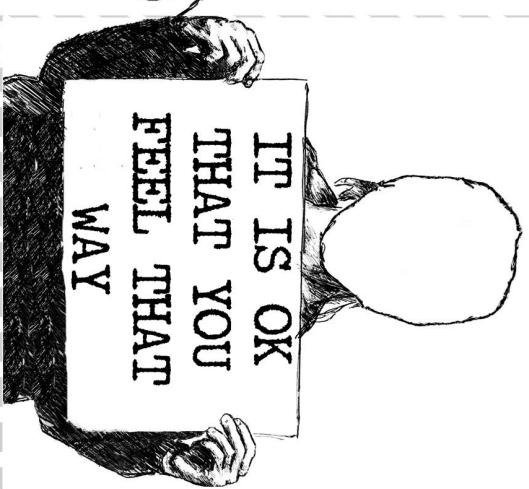
How did you feel after?

OFF-SCREEN?  
Not WORKING!?



## YOU ARE NOT ALONE

How often do you take time alone with yourself?



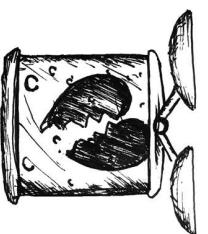
IT IS OK  
THAT YOU  
FEEL THAT  
WAY

Why can it be difficult? What might you be avoiding?

Our journeys are individual, but we're in this together.

## What do you really want from life?

Without making this happen at some point, would you feel confident saying you had lived your life fully?



What's stopping you?

...and what can you do about that?

What you do, you did, if you didn't have to do anything?

What moments fill your life with?

What feels wrong in your life?  
What feels right?

NOT FREE

In what moment did you not feel free?

What did you not want to happen?

What would have to change to be free next time?

## Change Machine

What is the next change would you like to make in your life?

[INSERT HERE]



Some Other Stories:

April 2017

2018

A FAMILIAR STORY:

BORN  
SCHOOL  
PARENTS  
STUDY / NOT  
WORK / NOT  
PROMISE OF  
OLD  
SEE THE FUTURE  
OLDER  
LOSE OF FREE  
DIE. DISSENT. SILENT  
RAISER POWERED  
BY PARENTS DISTRESSED  
KON. ID MENT. HONEY.

SCHOOL  
PARENTS  
STUDY / NOT  
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PROMISE OF  
OLD  
SEE THE FUTURE  
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TRY TO BE  
SOMETHING  
I THINK I  
SHOULD BE.  
SATISFACTION  
- USUALLY ONLY  
LOVED  
- GOT LOST, FOUND AND  
LOST AGAIN  
- ADOPTED STRAY DOG  
- FELL IN LOVE WITH  
ADOPTED DOG  
- PLANNED ROAD-TRIP!

spontaneous adventure with one and half legged Persian man - achieved new skill level at 'lighter-game'  
- discovered new way to love and be loved  
- got lost, found and lost again  
- adopted stray dog  
- fell in love with adopted dog  
- planned road-trip!

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Day 5th

inted new breakfast!  
lost in the shower  
and memorable sex  
opened up to new part  
stood on roof edge-  
facing fear of heights  
Made up new band n  
housemates.  
Let go of old patter

How often is satisfaction a promise of the future?



Is that really  
ok?

Write your story  
as other people  
would write it  
for you

for you.

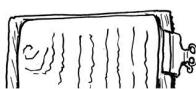
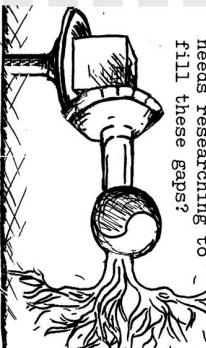
for you.

Why?

What's the way you want to feel?

How?

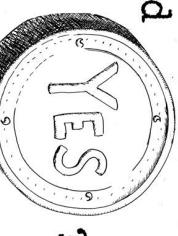
- What steps must be taken?
- What resources and skills do you need?
- How will you get them?
- What places or people do you need to contact?
- What information needs researching to fill these gaps?



When was the last time you spontaneously said

This change will likely only come as a result of a moment just like this one, in which you decide to make it happen.

So if you're looking for the perfect opportunity, try the mirror.

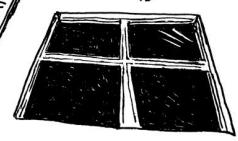
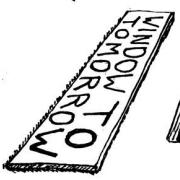


What tried to hold you back?

How did it go? What did you gain?

The unexpected is invisible until it arrives.

Who knows what might happen?



How can you know yourself if you never take time with your self?

WRITE YOUR OWN STOP



Dreams,  
Intentions,  
Moments,

Feelings,

Aims,

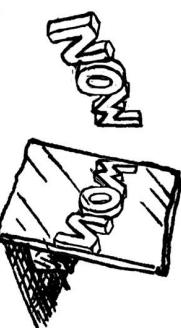
Struggles,  
Growth...

TAKE SOME TIME  
FOR YOU TODAY.

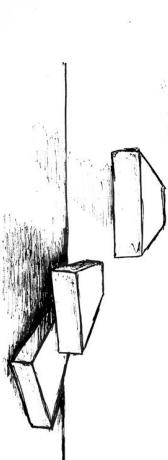
What if this were your last chance?

You can be free from obligation, if you give yourself the choice.

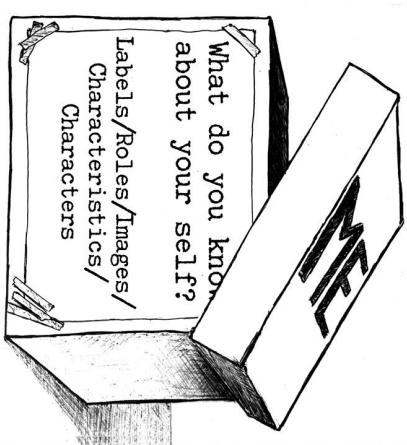
Even if you choose the same as you 'should' do, it feels different.



STOP.



Who are you?  
Who is 'me'?



[www.freely.org.uk](http://www.freely.org.uk)

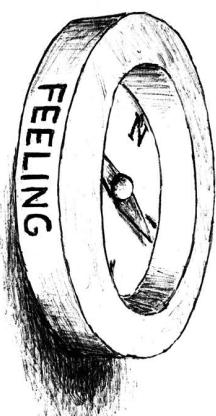
CC BY SA  
(this can be reproduced and changed freely, as long as it attributes the work to www.freely.org.uk and carries this same creative commons license)

(1)

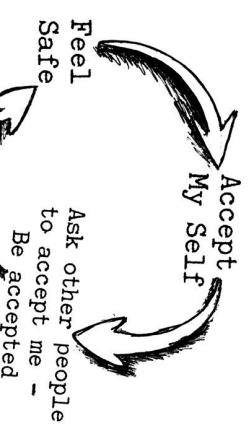
How do  
I  
be me?

- Freedom + Change -

ANTI-OBLIGATION  
DEVICE:



No story will fit  
as well as the one  
you write as you  
live it,  
discovering  
yourself each step  
of the way.



What have you learned that you are capable of?  
What fears have you faced?

What could you do,  
if you didn't?

(If this is a big decision:

-plan out in detail at least 2 alternative options

-if you need to, gather information about what steps you'd need to take, people you'd need to contact, resources or skills you'd need.)