BREAKING FREE



Written by JASON ALLEN BLOUT

BREAKING FREE



[00:02] Announcer:
Written and created by JasonPlouff.com.

[00:06] Announcer:
To forgive is to set a prisoner free and discover that the prisoner was you.

[00:16] Coach:
You can break free, you can break free from those emotions that are holding you back.

[00:20] Self:
What are you talking about? I'm not holding any emotions inside of me about myself.

[00:25] Coach:
Denial.

[00:26] Coach:
Sometimes we have limiting beliefs that prevent us from moving forward in life, moving forward to those hopes that lie in our heart, to move forward on those dreams that keep us up late at night.

[00:39] Coach:
I thought I heard you saying something last night about dreams, hopes, desires, and well, I also heard doubt.

[00:46] Self:
Doubt? Doubt? Well, I have dreams. I think everyone has dreams, but only the few have the time or money to go after them. I definitely don't have the time. And I definitely don't have the money to go after my dreams. Other people have the time, not me.

[01:03] Self:
Why is that? Other people have the ability to go after their hopes and dreams, but not me. Why not me? Why not me?

[01:13] Coach:
Why not me? Why not you? Why not now? You have within you everything you need to overcome your doubts and fears. Everything you need is within you right now. Everything you need is within you right now, but you have to connect to that part of you in order to break free.

[01:34] Self:
Break free? You think I can break free? Oh, you are as crazy as me.

[01:39] Coach:
It is the crazy ones in this world that do not believe the limiting beliefs of others that are able to change the world. The deal.

[01:48] Self:
Are you telling me the crazy ones, the misfits, the rebels, the troublemakers, those are the ones that have the ability to change the world?

[01:56] Coach:
That is exactly what I'm telling you.

[01:59] Self:
All right. What if I believe this to be true? What's the deal here? What do I actually have to do?

[02:04] Coach:
Well, we already have started. Once you accept that there is a deal to be made, you have to step into the boardroom and we are ready to do business.

[02:14] Coach:
Okay. Here's the deal. We're going to make a deal with your doubts and fears. We're going to let them know that we want to do things differently around here.

[02:24] Self:
Oh, I don't know about this.

[02:27] Coach:
Doubt at this point is only natural. It is faith that you have that will get you through this. You do have faith that there is a greater day for you, don't you? You do have faith that you can break free, right? You have to believe—wait, you don't have to do anything.

[02:46] Coach:
If you would like to break free, it will start with you gradually believing that a better life for you is available. You will want to believe that those hopes, dreams, and passions that lie deep in your heart will have their day in the spotlight. You will want to start believing that God put those dreams on your heart for you to live them. Even if you don't believe in God, you are smart enough to realize that it is you that have the gifts and talents. Let's match your hopes and dreams, that there is a source greater than you and I that has a part in all this, right?

[03:24] Coach:
A journey of a thousand miles begins with a single step. Lao Tzu, Chinese philosopher.

[03:32] Self:
I realize that there is a purpose to the hopes and dreams in my heart. I realize that I have the talents. I know, deep down in my heart, I can accomplish great things.

[03:44] Coach:
You. You can accomplish great things.

[03:47] Self:
Wow, it feels so different once I confess out loud that I have hopes and dreams. It feels, well, strong for me to say that I actually have the skills and talents to accomplish some of these wild dreams.

[03:59] Coach:
You're a superstar, dude. You're a superstar. Now, let's get you out of here.

[04:06] Self:
Breaking free.

[04:07] Coach:
Okay, let's get started. I'm not going to ask you if you are ready or not, because I know that you are not. No one is actually ready to break free. They need to take steps of faith that it will actually work.

[04:20] Self:
Well, I'm ready. Let's do this thing. Let's do this thing. I'm ready to break free.

[04:27] Coach:
Yes, let us break free from some of the things that are holding you back. First, we do not want to be a prisoner of our own thoughts. We need to break free of our prison. The breaking out of your own prison. Okay, I know that might seem a little simple. It might sound a little simple. It goes really quick, so pay attention.

[04:55] Self:
I don't think this is going to go quick.

[04:58] Coach:
Then it will not go quick for you. This is part of the process. Part of the process is understanding that this process goes as quick or as slow as you want it to go. Part of the process is you walking by faith, walking through the doubt, getting to the belief. Some people have said it is like being behind steel prison doors of the mind. Some have said it is like there was no spoon. Whoops, I mean some people have said they felt like there were no prison doors. It was only in their imagination.

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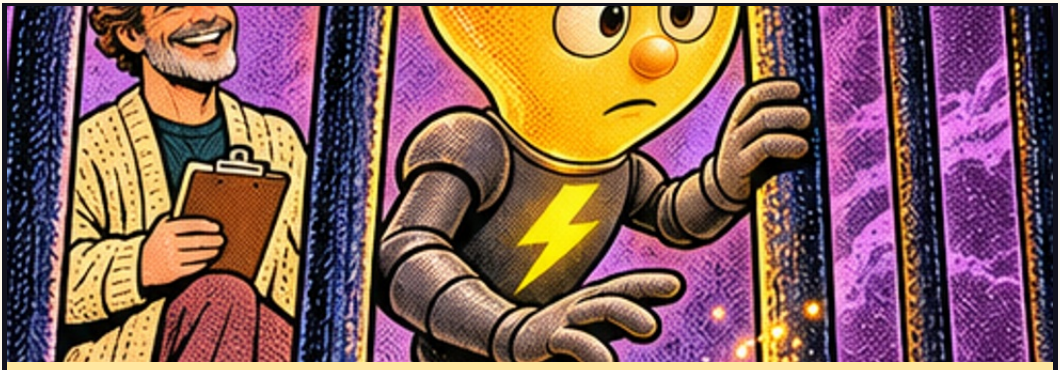
[05:32] Self:
Are these prison doors like limiting beliefs, limiting beliefs that are holding us back?

[05:37] Coach:
These prison doors represent your limiting beliefs. They are only your limiting beliefs, no one else's. They might be here because of what other people have said to you in life that were not true, but they still are your limiting beliefs. But you can break free. I believe that you are able to break free. You can do it and you can break free now.



[05:59] Self:
Now, how does this work?

[06:01] Coach:
Just believe.

[06:04] Self:
What the heck just happened?

[06:06] Coach:
It is easy when you believe. Things will come that easy once you strengthen your habits of believing in yourself. There are no bars. There are just limiting beliefs.

[06:19] Self:
Okay, let's see you do this.

[06:20] Coach:
Now, keep in mind that I have been doing this for a while. I have been practicing and practicing on this. I have been sharpening my thought patterns for years. So what might look easy for me is not always easy. Sometimes it is. Sometimes it is not. When it's easy for me, then it is because I have been working at challenging my limiting beliefs and breaking past my beliefs over the years. But now it is your turn. It is your turn to see what you are capable of doing.

[06:53] Self:
Uh... I knew it. I knew this would not work.

[07:02] Coach:
That is why it did not work. That is exactly why this did not work. It only works when you believe a little more than you doubt. In order to start seeing the progress, it is one thing to think that you can do something. It is another to think that you can actually do it when you take action. It is like your confidence and belief is going from your head to your heart. Now try it again and maybe this time you can occupy your mind with something positive.

[07:34] Self:
Oh, is that like Occupy Wall Street?

[07:36] Coach:
Maybe you can say something like, "I can do this."

[07:39] Self:
I can do this.

[07:40] Coach:
Or, "All I need is within me now."

[07:42] Self:
All I need is within me now.

[07:45] Self:
Okay, let's do this thing.

[07:49] Self:
All I need is within me now. All I need is within me now. I can do it. All I need is within me now. All I need is within me now.

[08:03] Self:
I can do it. I can do it. I can do it. I can do it. I can do it. I can do it. All I need is within me now.

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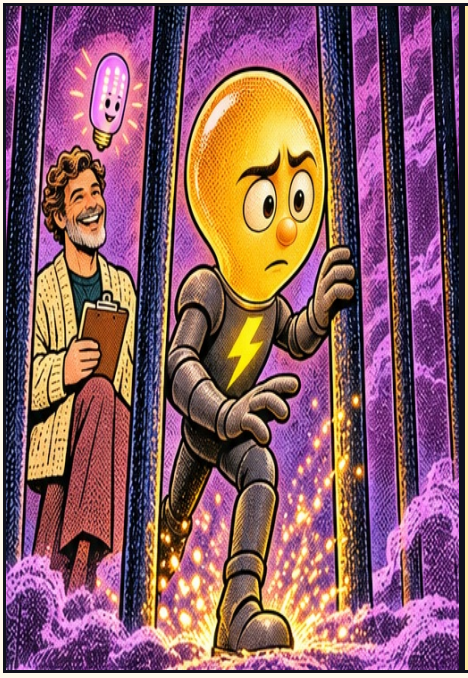
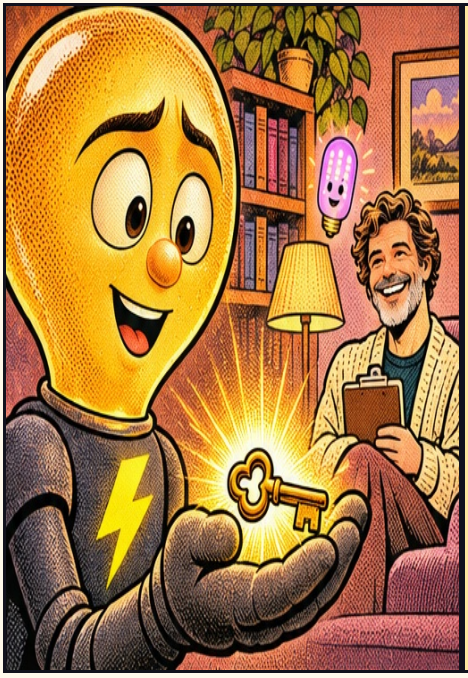


[08:10] Coach:
Great job. Great job. I knew you could do it.

[08:13] Self:
I did it. I did it. I did it. I broke free of my limiting belief. That was so much easier than I thought. Man, that was just so much easier than I thought. I feel stronger, I feel more powerful right now. I feel like a new me, even though it's a small thing. I just made a huge mental breakthrough.

[08:31] Coach:
You did make a huge breakthrough. I'm very proud of you. I mean, you can do it.

[08:35] Self:
I'm so happy, I can't wait to tell my friends about this. I think I'm gonna post this on Facebook. I'm gonna upload a photo to my Twitter account, I'm gonna update all my accounts to show my friends I'm a new person and they're gonna be so excited for me.



[08:50] Coach:
Now that you have broken free of this one limiting belief, you can access this victory easier with the key to unlock it in the future.

[08:58] Self:
Oh man, there's a key? The key, what do you mean by a key? Do you have the key for these bars?

[09:07] Coach:
Well of course we do, we've had the keys all along. It's been in your pocket this entire time. I thought you knew that. You didn't know that? Note to self, in the future remind people about the key before they break free. Remind them that they have the keys to break free.

[09:25] Self:
Okay, so you have the keys to this. Are you kidding me? You have to be kidding me.

[09:29] Coach:
If I would have given you the keys, you would have walked out of here without learning the lesson.

[09:35] Self:
So what?

[09:37] Coach:
Do you wanna break free from other limiting beliefs in the future?

[09:40] Self:
Yes, yes, of course I do. Are you telling me I have keys for this too?

[09:44] Coach:
I'm gonna tell you that because you did not use the keys for this, you now have more strength to overcome limiting beliefs in the future. I am also going to let you know that you have the keys within your heart to unlock future limiting beliefs.

[10:00] Self:
Oh yes, yes, yes, I like that, I like that.

[10:03] Coach:
In order to access keys, you must have belief. You must have belief that those keys will truly unlock those limiting beliefs. I sense that you will know how to overcome other limiting beliefs in the future. I believe that you've just got a glimpse, you've just got a glimpse that all things are possible for those that believe.

[10:25] Self:
Oh, I do believe, I do believe, I do believe. Thank you, thank you for believing in me. I could not have done this without your support. Without you believing in me, believing that it was possible for me, I started to believe. What catapulted me to the next level was your belief in me.

[10:45] Coach:
You can do great things with your life. I hope that this exercise will allow you to see things differently. I hope that it will show you that you can remove those limiting thoughts and beliefs in your mind. The limiting beliefs of everyone is different. The limiting beliefs of some people are prison bars, while the prison bars of some people are just their thoughts. The thoughts they put there, the thoughts that other people have put there that have been picked up over a lifetime.

[11:15] Coach:
One man's limiting beliefs are prison bars.

[11:18] Self:
Interesting.

[11:20] Coach:
Another man's limiting beliefs are just thoughts. That is right, they are just thoughts. If you wanna change your destiny, if you wanna change the direction of your life, you can do so at any moment. Decide to redirect those crappy thoughts and decide.

[11:34] Self:
Did you just say decide?

[11:36] Coach:
Just decide to change those crappy thoughts. When you think of a limiting thought, be aware of it, then redirect it. Redirect it to a more powerful thought.

[11:47] Self:
Oh man, this sounds so easy. It sounds too good to be true. I'm glad that for a brief moment I did believe. Thanks, coach.

[11:54] Announcer:
Thank you for tuning in. Change your thoughts and you can change your life.

[11:59] Announcer:
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