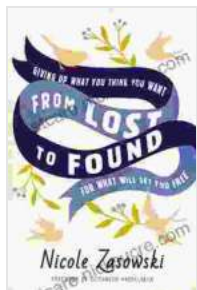


Giving Up What You Think You Want For What Will Set You Free



From Lost to Found: Giving Up What You Think You Want for What Will Set You Free by Nicole Zasowski

★★★★☆ 4.9 out of 5

Language	: English
File size	: 875 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 222 pages



It can be difficult to give up what you think you want, but it's often necessary to find true happiness and fulfillment. We all have dreams and goals, but sometimes the things we think we want are actually holding us back.

If you're feeling stuck or unfulfilled, it may be time to take a step back and reassess what you really want out of life. Are you chasing after things that are truly important to you, or are you just following the crowd?

It can be scary to let go of what you think you want, but it's important to remember that you can't have everything. And sometimes, the things we give up are the things that make us the happiest.

How to Give Up What You Think You Want

If you're ready to start giving up what you think you want for what will set you free, here are a few tips:

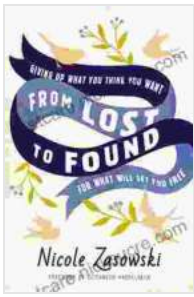
1. **Identify your values.** What's important to you in life? What kind of person do you want to be? Once you know your values, you can start to make choices that are aligned with them.
2. **Set realistic goals.** Don't try to change your entire life overnight. Start by setting small, achievable goals that you can build on over time.
3. **Be patient.** It takes time to change your mindset and your habits. Don't get discouraged if you don't see results immediately. Just keep at it and you will eventually reach your goals.
4. **Surround yourself with supportive people.** Find people who believe in you and who will support you on your journey.
5. **Be kind to yourself.** It's okay to make mistakes. Just learn from them and move on.

What Will Set You Free

When you give up what you think you want, you make room for what you really want. You open yourself up to new possibilities and experiences. You become more authentic and true to yourself.

Giving up what you think you want can be a difficult decision, but it's one of the most important decisions you can make. It's the decision that will set you free.

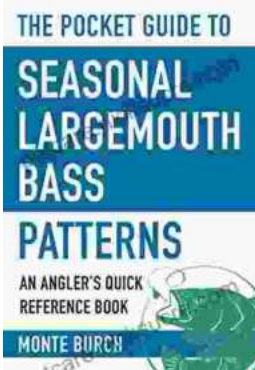
So what are you waiting for? Start giving up what you think you want for what will set you free today.



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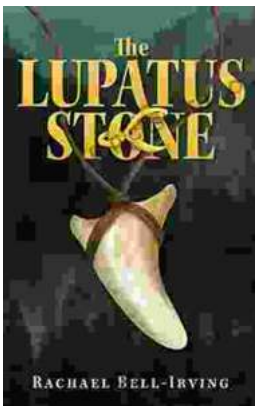
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