

The Feeling Free Manifesto



Feeling Free is a life filled with contentment, peacefulness, coziness, joy, and the Holy Spirit's comfort.

A life where I am a full, whole, alive, free, complete person.

I know who I am and accept who I am.

I am centered and grounded in Jesus.

I make healthy lifestyle choices.

I am emotionally and mentally healthy.

I work at self-coaching and have good self-regulation.

I am kind and have a generous spirit.

I cultivate deep and connected relationships.

I live with meaning and purpose.

I love deeply and I love well.