

PLAY YOUR FREE SQUARE

Leveraging your strengths to live a charmed life



Have you ever walked down the street and noticed someone smiling – for no evident reason – maybe walking hand in hand with a friend or loved one, appearing completely at ease? You might say they live a “charmed life.” These are the people who effortlessly find the perfect relationships and job, love their bodies, enjoy food, and drink freely and without worry.

Do you feel like you could never reach that point, like you’re always struggling and spinning your wheels to no avail? The truth is, everyone has the ability to live this type of life.

“ The key is playing to your strengths, and seeking support in the areas you need it. ”

There’s a concept called “playing your free square.” Your free square is the area of your life that comes naturally to you. What are your inherent talents? What have you always been good at and been complimented on? Maybe you’re an organization

queen, amazing singer, or excellent chef. Humans are notorious for playing down their natural skills, rather than using them to the fullest.

When things come naturally to us, we think it’s nothing, since they’ve always been easy for us. When we flex our natural strengths, we can support others in these areas, and vice versa. Do you see the power balance here? It’s your duty to play up your free square! Start brainstorming the activities that are second nature to you, and what people have always complimented you on. Also, try practicing some “charmed life” exercises such as those outlined on the bottom. Together, with your free square, you’ll discover an amazing life you never knew existed!

FREE SQUARE IDEAS

- Good listener
- Natural cook
- Good with animals
- Quick with numbers

ENLARGE YOUR WORLD	CONSERVE YOUR ENERGY	ADD MORE MINDFULNESS IN YOUR DAYS		ASK FOR WHAT YOU WANT	BREATHE DEEPLY	INVITE ADVENTURE
FOLLOW YOUR HEART		REDEFINE YOURSELF	EXERCISE DAILY		DELIGHT IN DETAILS	DANCE & SING LIKE NO ONE'S WATCHING
	CULTIVATE COMPASSION	DRINK GOOD COFFEE, EAT GOOD FOOD	MOVE WITH EASE & SOFTNESS	READ FOR PLEASURE	TRUST YOUR INSTINCTS	
SELF CARE FROM THE INSIDE OUT			MEDITATE	ENHANCE YOUR ENVIRONMENT		SCHEDULE IN "ME TIME"

Inspired by Victoria Moran's 'Creating a Charmed Life'