

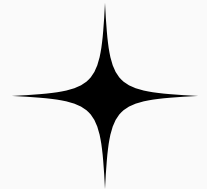
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F R E E G U I D E  
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# 5 SIGNS YOU'RE LIVING SOMEONE ELSE'S LIFE

(+ HOW TO BREAK FREE)

*Your Complete Guide to Recognizing Your Mental  
Prison and Reclaiming Your Authentic Self*



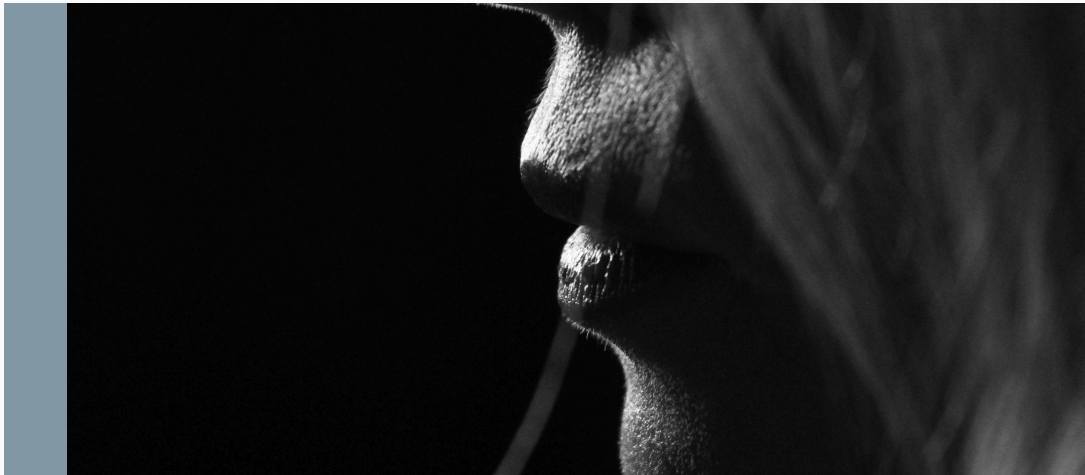


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# HEY BEAUTIFUL SOUL!



I'm so glad you're here. If you downloaded this guide, something inside you is stirring—a knowing that there's more to life than the endless cycle of achieving, pleasing, and performing.

You're not broken. You're not behind. You're just ready to break free from a mental prison you didn't even know you were living in.

This guide will help you recognise the 5 subtle signs that you're living someone else's life instead of your own, plus give you practical steps to start reclaiming your authentic self today.

Your joy, creativity, and freedom aren't luxuries—they're your birthright waiting to be reclaimed.

Let's begin your jailbreak! ✨

*With love and belief in your brilliance,*

*Tracey*



# INTRODUCTION



## THE GREAT DECEPTION WE'VE ALL BOUGHT INTO

Somewhere along the way, we internalised a lie so pervasive that we barely question it: We must earn our right to joy, authenticity, and self-expression.

We've been taught that our worth comes from:

- What we achieve
- How much we please others
- How perfectly we perform our roles
- How well we fit into society's expectations

But here's the truth that will set you free: **Your authentic self doesn't need to be earned, improved, or fixed. It just needs to be revealed.**

The signs below aren't character flaws—they're symptoms of living in a mental prison built from other people's expectations, inherited beliefs, and the conditioning that taught you to doubt your own inner wisdom.

Recognition is the first step to freedom. Let's uncover what's been hiding in plain sight.



## SIGN #1

# SUCCESS FEELS EMPTY DESPITE EXTERNAL ACHIEVEMENTS

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## WHAT THIS LOOKS LIKE

- You've checked all the "success" boxes but still feel unfulfilled
- Accomplishments bring temporary relief rather than lasting satisfaction
- You find yourself thinking "*Is this all there is?*" after reaching goals
- The next achievement always feels like it will be "*the one*" that finally satisfies you
- People congratulate you, but you feel like you're living a lie

## WHAT'S REALLY HAPPENING

You're achieving from a place of "*proving*" rather than "*expressing*." Your mental prison convinced you that external validation equals internal worth, so you keep climbing ladders that lean against the wrong walls.

## THE PRISON BAR THIS REVEALS

*"I am only valuable when I achieve."*

This belief keeps you trapped in endless striving, never allowing you to simply BE enough as you are.

## HOW TO BREAK FREE

**Daily Practice:** Each morning, write down one thing you appreciate about yourself that has nothing to do with productivity or achievement. Example: "*I appreciate my ability to make people laugh*" or "*I love how curious I am about the world.*"

**Weekly Ritual:** Schedule 30 minutes doing something purely for joy—no goal, no outcome, just because it lights you up.

## SIGN #2

# YOU CONSTANTLY MONITOR HOW OTHERS MIGHT JUDGE YOU

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## WHAT THIS LOOKS LIKE

- You edit your words before speaking to avoid potential criticism
- Social situations drain you because you're "*performing*" rather than being yourself
- You have different versions of yourself for different people
- You avoid sharing your real opinions or interests for fear of judgment
- You feel exhausted by 3pm from the mental load of self-monitoring

## WHAT'S REALLY HAPPENING

Your mental prison has convinced you that other people's approval is more important than your own self-respect. You've outsourced your sense of worth to people who don't even know the real you.

## THE PRISON BAR THIS REVEALS

*"I am only safe when others approve of me."*

This belief keeps you performing instead of being, hiding your gifts instead of sharing them.

## HOW TO BREAK FREE

**Daily Practice:** Choose one small way each day to express your authentic preference—order what you actually want at a restaurant, wear something that makes YOU happy, share an honest opinion.

**Weekly Ritual:** Write in your journal: "*If I knew no one would judge me, what would I do differently this week?*" Then pick one thing and do it.

### SIGN #3

# YOUR DREAMS AND INTERESTS HAVE BEEN ABANDONED FOR "PRACTICAL" CHOICES

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## WHAT THIS LOOKS LIKE

- You can barely remember what you used to love doing
- Your creative pursuits got shelved as *"impractical"* or *"selfish"*
- You make decisions based on what you *"should"* do rather than what excites you
- The thought of pursuing your real interests feels scary or impossible
- You envy others who are living creatively but tell yourself *"that's not realistic for me"*

## WHAT'S REALLY HAPPENING

Your mental prison has labeled your authentic desires as *"frivolous"* while elevating *"responsible"* choices that drain your soul. You've been taught that following your joy is selfish, when it's actually sacred.

## THE PRISON BAR THIS REVEALS

*"My authentic desires don't matter."*

This belief cuts you off from the very things that would energise and fulfill you.

## HOW TO BREAK FREE

**Daily Practice:** Spend 10 minutes doing something that used to bring you joy—draw, dance, sing, write, garden, anything that connects you to who you were before the world told you who to be.

**Weekly Ritual:** Make a *"Joy List"* of 20 things that light you up. No judgment, no editing. Then commit to doing one thing from this list each week.

## SIGN #4

# YOU FEEL LIKE A STRANGER IN YOUR OWN LIFE

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## WHAT THIS LOOKS LIKE

- You look in the mirror and don't fully recognise yourself (beyond the physical)
- Your days feel like you're going through the motions rather than living
- You have a persistent sense that you're living someone else's dream
- You feel disconnected from your own preferences, emotions, and desires
- There's a constant background feeling that something essential is missing

## WHAT'S REALLY HAPPENING

You've spent so long adapting to external expectations that you've lost touch with your inner compass. Your mental prison has convinced you that your authentic self isn't acceptable, so you've buried them under layers of "appropriate" behaviour.

## THE PRISON BAR THIS REVEALS

*"The real me isn't acceptable."*

This belief creates the devastating disconnection from your own essence.

## HOW TO BREAK FREE

**Daily Practice:** Check in with yourself throughout the day: "How do I actually feel right now?" and "What do I actually want in this moment?" Honour these responses, even in small ways.

**Weekly Ritual:** Spend time alone doing nothing productive—just being with yourself. Notice what thoughts, feelings, and desires arise when you're not distracted or performing.



## SIGN #5

# YOU'RE EXHAUSTED BY THE CONSTANT INTERNAL BATTLE

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## WHAT THIS LOOKS LIKE

- Simple decisions become complex internal negotiations
- You feel tired even when you haven't done much physical activity
- There's constant mental chatter about what you "should" be doing
- You feel pulled in multiple directions by competing internal voices
- You go to bed depleted and wake up already tired

## WHAT'S REALLY HAPPENING

You're living in constant internal conflict between your authentic self (trying to emerge) and your mental prison (trying to keep you "safe" through control and conformity). This internal war is exhausting your life force.

## THE PRISON BAR THIS REVEALS

*"I can't trust my own inner knowing."*

This belief creates the exhausting need to constantly think your way through life instead of feeling your way through it.

## HOW TO BREAK FREE

**Daily Practice:** Before making any decision, pause and ask: "What would feel most aligned for me right now?" Trust the first answer that comes, even if it seems "wrong" to your thinking mind.

**Weekly Ritual:** Practice saying "I don't know" or "Let me think about it" instead of immediately giving the answer you think others want to hear. Give yourself permission to respond from your centre, not your conditioning.



# YOUR 3-STEP FREEDOM FRAMEWORK

Now that you can recognise your mental prison, here's how to begin your escape:

## STEP 1: PAUSE & WITNESS

**The Practice:** When you notice any of these signs, pause and think: "*This is my mental prison talking, not my authentic self.*" **Why It Works:** Recognition breaks the unconscious pattern and creates space for choice.

## STEP 2: RECONNECT & RECLAIM

**The Practice:** Ask yourself: "*What would feel most true and aligned for me right now?*" **Why It Works:** This connects you back to your inner wisdom and authentic desires.

## STEP 3: CHOOSE & ACT

**The Practice:** Take one small action aligned with your authentic response, even if it feels scary. **Why It Works:** Each authentic choice weakens the prison bars and strengthens your connection to your true self.



# CREATING YOUR FREEDOM RITUALS

"YOUR SOUL HAS BEEN WHISPERING THE SAME GENTLE INVITATION EVERY DAY: 'COME HOME TO YOURSELF.' THESE RITUALS ARE HOW YOU FINALLY SAY YES."

“

## MORNING FREEDOM RITUAL

(5 minutes)

- Place hand on heart
- Ask: *"What does my soul need today?"*
- Listen without judgment
- Choose one way to honour what you heard

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## EVENING INTEGRATION RITUAL

(5 minutes)

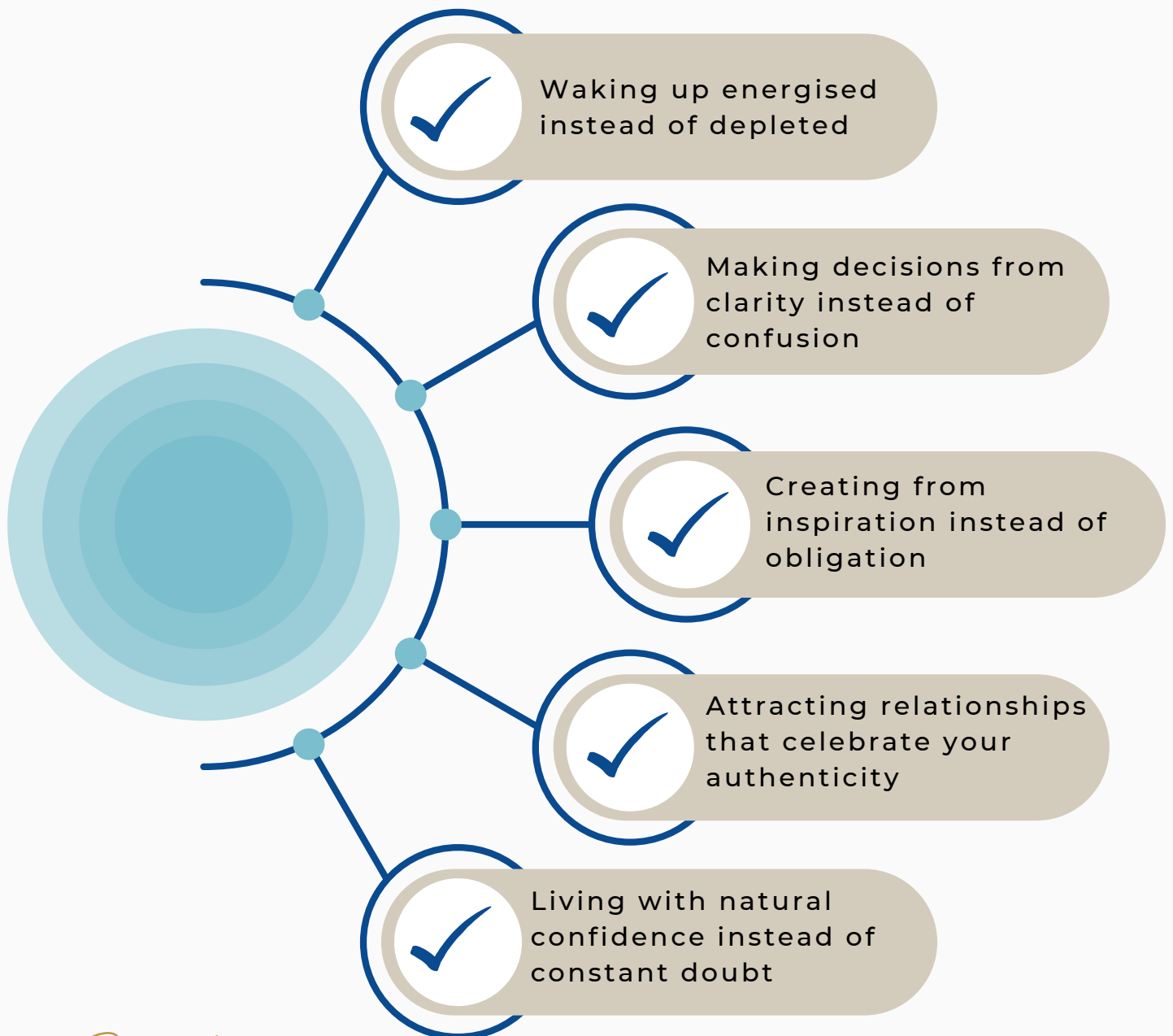
- Reflect: *"When did I feel most like myself today?"*
- Celebrate: *"What authentic choice am I proud of?"*
- Set intention: *"How will I honour my true self tomorrow?"*

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# YOUR NEXT STEPS ON THE FREEDOM PATH

Recognising these signs is just the beginning of your transformation. Breaking free from your mental prison is a journey, not a destination—and you don't have to do it alone.



## *Remember*

Your authentic self has been waiting patiently for you to recognise them. They're not broken, buried, or lost—they're just ready to be revealed.

# CONTINUE YOUR FREEDOM JOURNEY

If this guide resonated with you, I'd love to continue supporting your journey to authentic living.

## JOIN MY WEEKLY EMAILS WHERE I SHARE

- Real stories from my own mental prison break
- Practical tools for living authentically
- Weekly freedom challenges to keep you growing
- Behind-the-scenes insights from other beautiful souls on this journey

## JOIN MY EMAIL COMMUNITY HERE

Your freedom matters. Your authenticity matters. YOU matter —exactly as you are right now.

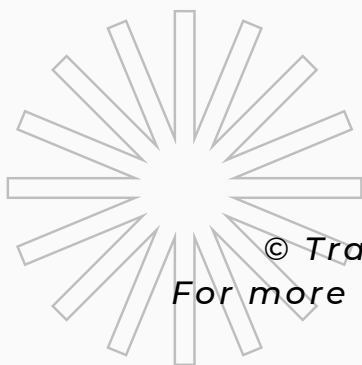
The door to your mental prison has been unlocked this whole time. You just needed to remember how to walk through it.

Welcome to your freedom, beautiful soul. ✨





# Thank you



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