

TEAM
FREEDOM
EMPOWERMENT
PROGRAM



JAY JAWITZ

TEAM FREEDOM EMPOWERMENT PROGRAM

Wow! You should be very excited about the journey that you are about to embark on. I might not know you personally, but I know in a state of certainty that your life will be significantly better if you follow through with this program. My hope is that in the future you will find yourself saying “I am living a life beyond my wildest dreams.” This program will be rewarding and enjoyable because it is designed for you.

The intention of this program is to help you live your dreams and discover the best version of yourself. Before we get started, I must let you know that you matter, you are enough, and there is incredible power inside of you. If you do not believe me, that is because you have not yet discovered the incredible power that already exists within you. I am giving you the invitation to discover your personal power. Once you discover your personal power, you will be impressed with yourself and open your life up to infinite possibilities. Let's get started!

1. What are your dreams and goals? Take some time to list your dreams and goals. Take as much time as you need. This might only take you a few minutes but absolutely do not sell yourself short.

2. List all the reasons why your dreams and goals are important to you.

3. List all the feelings and emotional states that you want to experience in your daily life. For example: happiness, joy, freedom, love, excitement, connection, gratitude, passion, peace, fun, and adventure.

FULFILLMENT IS KEY

If you are to live your dream life, it is critical that you understand fulfillment. Fulfillment is a state of happiness and satisfaction. There are many famous people in life that LOOKED like they had everything that a man or woman could want. Unfortunately, some of these people are no longer with us due to suicide or drug overdose. What these people were missing was fulfillment. When we are fulfilled, our focus is on what is most important.

Fulfillment is made up of two very important parts. If we are to be fulfilled, we must grow, and we must be of service or contribution to others. When we talk about growth, we are referring to our personal development and growing spiritually.

FULFILLMENT= Growth+Service = 😊😊😊

GROWTH or PERSONAL DEVELOPMENT

If you are to live your dreams and accomplish your goals, you are going to want to discover the best version of yourself. Living your dreams requires hard work and commitment but the payoffs and rewards will be incredible. Part of the work that living your dreams requires is your personal development. When you change for the better and grow, you get to feel better about yourself by increasing your self-worth. There is a direct relationship between your growth and the way that you feel. If you want to feel amazing than program yourself to changing and growing all the time. Life is always going to challenge us. If we are committed to our growth, then we can look at our challenges as incredible opportunities. If we want to grow continually than we must take on a belief that life is happening for us. If we believe that life is happening to us, then we take on the role of the victim. This will always keep us stuck. Your biggest challenges are your biggest opportunity for growth.

SERVICE or CONTRIBUTION

Service to others or contribution is the other key ingredient to fulfillment. Have you ever asked yourself “Why am I here?” This might be one of the most important questions that you can ask yourself. The answer to that question is your purpose in life.

One way or another, we are here to give to others. Service allows us to put love out into the universe. This can be done in so many ways all the time. Service can be a major contribution such as inventing something or as simple as picking a piece of litter off the ground. Strive to be a Giver. Work to be of service to others as much as possible.

1. How do you like to provide service to your community and in your family?
2. What contribution do you want to make to the world?

POWERED BY PRINCIPLES

The best version of yourself lies within the principles that you practice. By learning how to practice principles in all your affairs you will discover an easy and accessible road map to a fulfilled life. Principles are practical, universal, and spiritual in nature. I can promise you that something incredible is going to happen to you if you learn to practice the following principles in ALL of your affairs. You can look at this set of principles as a possible solution to every problem. Look at each principle as an important tool in your toolbox to living your dream life.

HONESTY	ACCEPTANCE	HOPE
COURAGE	GRATITUDE	LOVE
INTEGRITY	FORGIVENESS	HUMILITY
FAITH	WILLINGNESS	SURRENDER
AWARENESS	PERSEVERANCE	SERVICE

HONESTY - Practicing honesty is a lot more than not lying, cheating, or stealing. When we are honest, it means that we take personal responsibility for our actions. Our personal development is critical to the success of living our dream life and taking personal responsibility allows us to learn from our mistakes. Honesty is also a key ingredient in paving the way for total freedom.

GRATITUDE - When we are grateful it keeps us in a positive mindset. A state of Gratitude allows us to see that the universe is already giving us what we need. When we are in a total state of gratitude, we look at life's challenges as a great opportunity to grow and learn something new. When we stay in a state of gratitude, we start to see that life is happening for us and everything happens for a reason.

ACCEPTANCE - Acceptance is the key to living life on life's terms. If we do not accept the things we can't control we will suffer. Remember, everything is happening for a reason. If we want peace and serenity in our life we must be willing to accept the things that we cannot change such as bad weather or difficult people. If we don't practice acceptance we will become angry and discontent.

SURRENDER - There are certain situations that we cannot control or get the outcome we desire. Surrender is not a sign of weakness. Surrender is how we let go of situations that are not working for us. We surrender so we can be free.

HOPE - Hope is a feeling of expectation and desire for a certain thing to happen. Hope is the driving force that keeps us open to great things in the future.

FAITH - Faith is a complete trust in someone or something. Practicing that trust in a loving power greater than you is necessary to get through challenging times and can also be used as a guiding light on your journey called life. Faith is the opposite of fear. Fear is a normal human emotion and we can apply faith so it doesn't run our life. Strive to always have faith in yourself. If you lose faith in yourself, it is important to surround yourself with people who will love you until you believe in yourself again.

COURAGE - Courage is the ability to walk through your fear, pain or adversity. Practicing courage is what enables you to get out of your comfort zone. I can promise you that nothing great will happen in your life if you do not practice courage and step out of your comfort zone. Practicing courage enables us to take risks and let go of our fear of failure. Failure is not a bad thing. Failure is an opportunity to learn a lesson or change a strategy to get a desired result. Courage is necessary for you to use your voice and stand up for what you feel is right.

INTEGRITY - Integrity is having strong moral principles and being your word. This means that when you say you are going to do something you do it.

WILLINGNESS - Willingness is a state of being ready and open to doing something. Willingness is critical to your growth. It is important that you remain open to learning and take action when necessary.

HUMILITY - Humility is a quiet acceptance of one's self. It is important to acknowledge your gifts and this does not need to be in the form of self-promotion. This means that you are no better than you really are or no less than you really are. There is incredible freedom in just being yourself.

LOVE - Love is the most powerful force in the universe that represents everything that is good. The principle of love calls us to be kind, gentle and treat others with respect despite our differences or negative emotions such as anger and fear.

FORGIVENESS - Forgiveness is the ability to let go of resentment of a person who has caused you harm. Resentment can cause us to be angry and keep us from growing spiritually. If we do not forgive than we will not be totally free. There will be times that the person that you have to forgive is yourself. Every human being makes mistakes and the key is to learn from your mistakes and make better decisions in the future. Living with guilt is not living with freedom. If you have ever done anything wrong in your past, the universe will give you the opportunity to make it right so you can be free.

PERSEVERANCE - Perseverance is the ability to not quit when pursuing your dreams and goals.

AWARENESS - Awareness is having knowledge or understanding of a particular subject or situation. Awareness is most important in the way that it applies to yourself. Self-awareness is what allows you to be conscious and learn more about the beautiful person that you are.

SERVICE - Service is one of the key elements to fulfillment. Service to others and the world around us is what makes us feel whole and complete. Service allows us to connect to others on a higher level. By practicing the principle of service and all the above principles you get to become source for others.

The key to practicing these principles in EVERY aspect of your life is consistency and commitment. Remember, I promised you that something incredible is going to happen in your life in the future when you are practicing these principles in all your

affairs. You might not understand how to apply all of them just yet, but they are now in your toolbox. Every human falls short so do not be hard on yourself when you become aware that you are not practicing a principle. Always ask yourself questions such as “what principle can I apply to this situation.” These principles are a solution to every problem. Use these principles to help your friends and family when they need you. YOU are POWERFUL! You can’t keep what you have unless you give it away. Always be open to sharing your wisdom with others.

I give you the invitation to make a contract to yourself.

PERSONAL CONTRACT

HONESTY	ACCEPTANCE	HOPE
COURAGE	GRATITUDE	LOVE
INTEGRITY	FORGIVENESS	HUMILITY
FAITH	WILLINGNESS	SURRENDER
AWARENESS	PERSEVERANCE	SERVICE

I _____ am committed to practicing these principles in all my affairs. I am making this commitment because this will help me to discover the best version of myself.

Signature

Date

Read your contract to yourself every morning.
Ask one of your friends also utilizing this empowerment program to become your accountability partner.
Any time you need a friend to talk about your struggles and victories, you will have another person who will keep you accountable to the principles that you are practicing.

MASTERING YOUR DESTINY

You have the power to master your own destiny. The outcome of your future life is based upon all the decisions that you make today. If we want to manifest our dream life than we must learn how to make good decisions. Every action that we take has a consequence to it. Part of becoming conscious is having the ability to see how our decisions are going to play out in the future. When faced with making a decision, you can start to ask yourself questions such as:

1. What is the next right action to take?
2. Does this decision get me closer or further away from my dreams and goals?
3. Does this decision line up with the principles that I am committed to practicing?

As a young person you will always be exposed to peer pressure. You have a voice and the power to say no. When someone is trying to influence you into doing something that you know is not the right thing to do, keep your focus on your dreams and goals. If your peers are not concerned about your dreams and goals, than they are not true friends and are not concerned with your well-being. The best way to take care of your future self is by making the right decisions today. Ask yourself if the people you are friends with are moving you closer to your goals and dreams?

NEVER GIVE YOUR POWER AWAY!

By living by your principles and following this program you will discover your personal power. I promise you that once you discover who you really are you will be discovering a life beyond your wildest dreams. Once you discover this incredible power, your life opens up to infinite possibilities. Giving your power away closes many doors and takes away your freedom. The quickest way to give away your freedom is to become addicted to something. Addiction is a monster that you should be aware of if you are committed to living your dream life and experiencing the emotions and feelings that you want to experience. Addiction is a mechanism by which someone escapes themselves. You are brilliant, and powerful, and therefore you should never feel the need to escape yourself. Addiction gives you a small amount of instant gratification and the tradeoff is a ton of pain, misery, and suffering in your future. You have been given the tools to live a fulfilled life and make your dreams reality. Work very hard for what you really want and play even harder. If life is a game than play it to win.