

30 Days of Freedom

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How to Use This Workbook

Each day I have provided you with a quote that pertains to happiness, kindness or gratitude.

Have you ever heard of the “fresh start effect”? It’s the phenomenon that big goals and tricky habit changes are much easier to achieve after temporal cut-offs like our birthday, the holidays ... or the New Year. Moral of the story: If you have big plans, use the momentum and get started right away! With a little challenge for example!

Act of Kindness: Be sure to record what kind deed or word you put out into the universe for the day!

Gratitude: List 3 things that you are grateful for that day. If it’s one of those days it can be as simple as ‘I’m grateful I woke up today.’

DAY 1

“When we are no longer able to change a situation, we are challenged to change ourselves.”
~ VIKTOR E FRANKL

Stay offline for one day

Social media, endless news streams and articles all drain our energy and keep us in a constant distracted state. So today: Log off and enjoy the calmness of staying disconnected.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 2

“Be the change you want to see in this world.” ~ Gandhi

Meditate for fifteen minutes

Meditation reduces stress and anxiety and gives you a ton of extra energy and mental clarity.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 3

“He who has a why to live can bear almost any how” ~ FREDRICK NIETZSCHE

Declutter your digital life

Take care of your digital clutter today: Spring-clean your desktop, delete any files you don't need any more and set up a simple, no-fuss folder structure.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 4

“In our struggle for freedom, truth is the only weapon we possess.” ~ The Dalai Lama

No-complaint day

Complaining is never productive and a catalyst for negative thought patterns. Challenge yourself to not complain about small stuff today. Either accept the situation and move on, or find a solution.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 5

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover.” ~ Mark Twain

Identify your 3-6 main priorities

The Freedom to Choose Something Different is about figuring out what matters most to you in life and how to add more of that to your day-to-day routine. Today: Dig deep and make a list of your 3-6 top priorities in life.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 6

“A person who never made a mistake never tried anything new.

ALBERT EINSTEIN

Follow a morning ritual

Start your day with a relaxing and energizing morning ritual, instead of immediately checking your email or social media feeds. Meditate, write, do yoga or read a book.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 7

“Life is never incomplete if it is an honorable one. At whatever point you leave life, if you leave it in the right way, it is whole.” – Seneca

Streamline your reading list

Today: Downsize your reading list, unsubscribe and remove bookmarks. Keep only sources that are meaningful to you and that add something to your day.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 8

“The primary cause of unhappiness is never the situation but your thoughts about it.” – Eckhart Tolle

Learn to enjoy solitude

Spend at least 3 hours (ideally more) alone, without social media or background chatter from the TV. Pay attention to what it feels like to be in complete solitude and, if you like, write down your thoughts.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 9

“A man’s true delight is to do the things he was made for.” – Marcus Aurelius

Downsize your beauty collection

Tackle your beauty products today! Write a list of everything you use on a regular basis from the top of your head (without checking your beauty cabinets). Throw out or give away everything else.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 10

“Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.” – Lao Tzu

No email or social media until lunch

Use your most productive hours of the day to get shit done and resist checking your feeds until lunch time. Then celebrate how much more you accomplished!

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 11

“The top players in every field think differently when all the marbles are on the line. Great performers focus on what they are doing, and nothing else...They let it happen, let it go. They couldn't care less about the results.” – John Eliot

Evaluate your commitments

Write down all of your regular commitments, i.e. memberships, side projects and other responsibilities. Then be honest: Which of these do you only keep up out of obligation and which do you truly enjoy or are meaningful to you?

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 12

“There is one single thread binding my way together...the way of the Master consists in doing one’s best...that is all.” – Confucius

Define your goals for this year

Setting goals keeps you from living in a reactive, passive way and helps you align your daily actions with your true priorities. Today, set aside at least thirty minutes to select 1-3 big, exciting goals for this year.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 13

“What holds most people back isn’t the quality of their ideas, but their lack of faith in themselves. You have to live your life as if you are already where you want to be.” –Russell Simmons

Clean out your closet

Reserve a full afternoon to go through your wardrobe piece-by-piece and get rid of anything that doesn’t make you feel confident and inspired.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 14

“The word courage comes from the same stem as the French word Coeur, meaning “heart.” Thus just as one’s heart, by pumping blood to one’s arms, legs, and brain enables all the other physical organs to function, so courage makes possible all the psychological virtues. Without courage other values wither away into mere facsimiles of virtue.” – Rollo May

Take a step towards learning a new skill

Learning expands your horizon and can be so much fun! Today, pick a skill you have always been curious about, gather whatever you need and get started!

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 15

“But until a person can say deeply and honestly, “I am what I am today because of the choices I made yesterday,” that person cannot say, “I choose otherwise.” – Stephen R. Covey

Examine your daily habits

Today, take a closer look at your everyday habits, from your morning routine to the way you work to your evening activities. Which habits could you improve, which should you drop, which new ones could you pick up?

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 16

“We cannot choose our external circumstances, but we can always choose how we respond to them.” – Epictetus

Don't buy anything for 24 hours

Break through an unhealthy cycle of emotional spending by going on a one-day shopping fast. Don't buy anything, not even food or essentials, for 24 hours (make sure you prep in advance). Then see how you feel!

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 17

“So what is the difference between “power thinking” and “positive” thinking? The distinction is slight but profound. To me, people use positive thinking to pretend that everything is rosy, when they really believe that it’s not. With power thinking, we understand that everything is neutral, that nothing has meaning except for the meaning we give it, and that we are going to make up a story and give something it’s meaning.” – T Harv Eker

Practice single-tasking

Nothing drains energy faster than constantly switching between multiple tasks. Practice truly focusing on one thing at a time using a timer. Stick to short bursts of concentrated work with regular breaks in-between.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 18

“We all have something that we are meant to do. Your genius will shine through, and happiness will fill your life, the instant you discover your higher purpose you will then direct all your energies towards it.” – Robin Sharma

Unfollow and unfriend

De-stress your social media experience by being a little more selective about who you follow. Do you really need to stay Facebook friends with people you haven't spoken to in years? Go through your list and downsize.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 19

“What we call our destiny is truly our character and that character can be altered. The knowledge that we are responsible for our actions and attitudes does not need to be discouraging, because it also means that we are free to change this destiny.” – Anaïs Nin

Go for a walk and practice mindfulness

Walks are a great opportunity to practice mindfulness. Pick a familiar route and pay full attention to your surroundings with all senses. You’ll be surprised how many new things you’ll notice and how refreshed you’ll feel after.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 20

“You are essentially who you create yourself to be and all that occurs in your life is the result of your own making.” – Stephen Richards

No TV all day, read instead

All electronic devices emit a blue light that disturbs our melatonin production and reduces sleep quality. So, instead of ending your night with a couple of episodes of your favourite show, cuddle up on the couch with a good book today!

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 21

“It is better to be hated for what you are than to be loved for what you are not.” – André Gide

Journal for twenty minutes

Writing helps you organise your thoughts and de-stresses. Sit down for twenty minutes today to write about anything that comes to mind. If you like it, consider incorporating a quick daily writing session into your regular routine.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 22

We see men who have accumulated great fortunes, but we often recognize only their triumph, overlooking the temporary defeats which they had to surmount before “arriving.” – Napoleon Hill

Create a relaxing bedtime routine

Improve your sleep quality and energy levels by taking the time to properly wind down at the end of each day. Do some writing, read a good book, have a cup of tea, get everything ready for the next day, etc. Try it today!

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 23

“Of course motivation is not permanent. But then, neither is bathing; but it is something you should do on a regular basis.” – Zig Ziglar

Go bare-faced

Re-set what you consider essential by following a bare-bones beauty routine just for today (no make up and minimal skin care). You may well discover that many of the products you thought you need are really optional and can then streamline your regular routine a little.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 24

“There is only one thing that makes a dream impossible to achieve: the fear of failure.” – Paulo Coelho

Practice gratitude

Becoming a minimalist is above all about being mindful and appreciating the little (and big) things that are already a part of your life. Assignment for today: Write a long list of everything (and everyone) you are grateful for in life.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 25

“Star performers start with a well-defined and concrete “impossible” goal they care deeply about and then they build a through-line that clearly connects here with there.” – Robert K Cooper

Leave a whole day unplanned

In our culture, we are so used to making the most out of every free minute of the day, it can be almost scary to not have any plans for once. Be brave today and see where it takes you.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 26

“As the physically weak man can make himself strong by careful and patient training, so the man of weak thoughts can make them strong by exercising himself in right thinking.” – James Allen

Identify your stress triggers

The first step towards reducing everyday stress is to pinpoint your personal triggers. Try this: Take notes of your stress levels and your activities at regular intervals throughout a weekday. Once you have identified your stress triggers, figure out how you could prevent or counteract them in the future.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 27

“You read and write and sing and experience, thinking that one day these things will build the character you admire to live as. You love and lose and bleed best you can, to the extreme, hoping that one day the world will read you like the poem you want to be.”

— Charlotte Eriksson

Clear out your junk drawer

Getting rid of clutter can have an almost therapeutic effect, because it helps you deal with all of the different emotions that are attached to your stuff. Complete your own therapy session today by cleaning out the most cluttered drawer/box/corner of your house.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 28

“All our knowledge has its origin in our perceptions”

— Leonardo da Vinci

Let go of a goal

The key to achieving goals as a minimalist is to set the right ones in the first place! Instead of chasing things you think you should want, figure out what would truly make you happy. Let go of any goals that aren't meaningful to you for good today.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 29

“If you want to change the fruits, you will first have to change the roots. If you want to change the visible, you must first change the invisible.”

— T. Harv Eker

Turn off notifications

Email and social media notifications make for a very reactive workflow. Just for today: Turn off all notifications and check your feeds only at designated times.

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

DAY 30

“As human beings, our greatness lies not so much in being able to remake the world - that is the myth of the atomic age - as in being able to remake ourselves.”

— Mahatma Gandhi

Evaluate your last five purchases

Developing more ethical and less consumerist spending habits is key to living a simpler life. Today, assess your last five non-essential purchases. How useful did they turn out to be and how could you improve your purchasing decisions in the future?

Act of Kindness:

Gratitude:

- 1.
- 2.
- 3.

30 Days to Change Your Life

Now according to popular wisdom, it takes 30 days to make or break a habit and you will be learning what it takes to create the life you want. Following workbooks are designed for you to cultivate different qualities of awareness into your life so you can achieve mental and emotional states of peace and happiness. If you commit to these challenges, I promise you will experience dramatic positive shifts in your well-being, physical and emotional health, and your vitality.

[30 Days to Happiness](#): Learn how to live in the present moment and experience true, long lasting happiness, in under 5 minutes

[30 Days of Meditation](#): How to Meditate Deeply – Meditation Techniques to Relieve Anxiety & Improve Your Health in 5 Minutes

[30 Days to Gratitude](#): Learn how to appreciate all the good in your life and thereby create even more of it with an attitude of gratitude

[30 Days to Freedom](#): Learn how to always overcome resistance, take action, succeed every day, and make changes that last.

[30 Days of Affirmation](#): Learn Affirmations to Achieve Success, Self-Motivation and Confidence in Your Life

Also you can enjoy our [inspirational blog post](#).

About the Author

Deniz Yalım is the founder of BayArt which is about Mindfulness Meditation for Relax, Breathe, and Quality of Life to Reduce Stress, Anxiety and Depression.

Deniz Yalım is the founder of [Peace Starter Meditation](#). With Peace Starter, the physiology undergoes a change and every cell in the body is filled with more prana (energy). This results in joy and enthusiasm as the level of prana in the body increases and the mind becomes fresh, delicate and beautiful.

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