

Freedom, Week 2 Notes

April 2022 Theme

Words are cheap. Real freedom is expensive. It requires you to give up things that are standing in the way of your freedom. What are those things? Here's a list of things to consider:

1. **Stability**—I always assumed life should be certain. There's no such thing. Accepting that will help you to embrace uncertainty.
2. **Comfort**—What's comfort good for if it only makes you weak?
3. **Lies**—We lie to ourselves and others all the time. It's like a bottomless pit we can't get out of.
4. **Incompatible People**—Some people have different values than you. And that's okay.
5. **Mindless Entertainment**—You can't escape your responsibilities by distracting yourself.
6. **Expectations**—Believing that the world should be a certain way will only bog you down.
7. **Debt**—When you owe people something, they own you.
8. **Unwanted Help**—Some people don't want your help. Don't feel obligated to be a "good Samaritan."
9. **Defending Your Ideas**—If others don't like your ideas, so what? Never feel pressured to defend yourself. These ideas are simply not for everyone. I'd rather connect with people who share the same ideas.