

THE FREEDOM FORMULA



FREEDOM

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INTRODUCTION



What does personal freedom mean in your situation? For many of us - what it means to be free might change from time to time, especially as we age or circumstances change. At times, all of us probably feel like our freedom is precarious.

The Human Freedom Index (HFI) is published by the Cato Institute and the Fraser Institute team. It is an indicator of civil, economic, and personal freedoms. How is it compiled? Data is taken on 165 countries to measure important factors like freedom of speech, freedom of religion, and regulations that influence economic activity.

It is significantly intensive. It doesn't just measure a few metrics. There are 76 indicators across 12 different groups of study. Seven of those groups track personal freedoms, including safety and security, freedom of movement, freedom of expression, access to information, and other important human rights.

The HFI of 2022 shows how uncommon personal freedoms are for many people.

Just 13.4% of the global population enjoys personal freedoms in the top 25% of the HFI rankings. A staggering 75% of people worldwide live in countries that score in the bottom half of HFI's freedom scoring system. Nearly 40% of the world's population scores in the bottom quarter of rankings.

Looking back at HFI data since the beginning of the twenty-first century, a troubling trend exists. Personal freedoms around the world have been declining steadily since 2007. By 2019, almost 79% of the world's population experienced a substantial reduction in freedom.

Incidentally, that disturbing trend is seen in first-world and developing nations. No nation, regardless of socioeconomic status or other factors, is immune to the global drop in personal freedoms we have been experiencing in recent years.

A lot of what you experience is out of your hands. You simply have no control over factors that impact your life in a big way. Keeping that in mind, and considering that there has been a global downturn in freedom in many important aspects of our lives, is there anything you can do to stop this trend?

Can you learn to create a freer, more fulfilling daily existence regardless of your current reality?

The answer to that question is a resounding yes, and that's what this course will help you do.

In Module One, you will explore the fundamentals of personal freedom: autonomy, self-discipline, and self-knowledge.

In Module Two, you receive guidance that shows you exactly how to cultivate more of those aspects of freedom in your life.

As you have no doubt discovered already, life often gets in the way of your best-laid plans.

That's why Module Three will help you identify obstacles to personal freedom and share some strategies for overcoming those barriers.

Each of the course modules concludes with a bullet list of important takeaways. Then, you are given a few exercises to help drive home the main points covered.

You deserve the freedom to live the life you desire. No one should have important decisions and freedoms taken from them.

If you're ready to live a life of fulfillment, success, and personal reward by creating more freedom, turn to module one of your course, and let's get started.