



Find Your Dreams and  
Make Them Reality

# Freedom Flier

Volume 1, Issue 7 November 2010

**“The first time you accept ‘good’ is the last time you will see excellence.” John Ulmo**

## Mark Your Calendar!

### Roots & Wings

\* **November 10-14, 2010**  
(registration deadline Nov. 1)

\* **January 12-16, 2011**  
(registration deadline Jan. 1)

### Flight I

\* **November 12-14, 2010**  
(registration deadline Nov. 1)

\* **January 14-16, 2011**  
(registration deadline Jan. 1)

**Don't wait to register.**

## TAKE ACTION!

\* **All events above will take place at Stoney Creek Inn, Columbia, MO**

**Contact Amy at  
(573) 808-1371 for  
info or to register.**



This came across my email this week as quote of the week from someone. I almost automatically deleted, then, wait a minute! I read it again, and thought, this is the cheer for those who want MORE! This is the mantra of Win/Win! This is the belief that I want personally to be guiding my choice making.

When I get to a place where things are “good” I have a tendency to self congratulate. “Wow, Pat, you have worked hard! Now sit down and rest and give yourself a break!” Good is so comfortable, especially after years of feeling miserable, depressed, angry, or rejected. Good is like heaven!

But wait! Can accepting ‘good’ become a comfort zone in itself? I believe it can if we settle into it like a comfy couch and begin to let life happen without our thought or input.

I’m not saying that we should not enjoy the results of our efforts. I am not saying that we should not celebrate! It is important to take stock, acknowledge our growth, and take care of ourselves by resting and celebrating! However if we truly want to experience excellence in our lives, “good enough” may not get us there.

I believe that most of us equal excellence with a level of discomfort. For example, if I want to weigh 150 pounds, I am going to have to change my choices about eating and exercise. This simple desire on my part will tear me out of my comfortable place where I’m feeling pretty good! And I will have to THINK! OFTEN! About what my commitment is and what actions it requires. UNCOMFORTABLE!

How do I get the results that I want? I first **know** what results I want. I make a mark each day on the Excellence Elevator. Any discomfort that I experience I count as an indicator that I am ever closer to reaching my new goal. And I begin to understand that the idea of discomfort is a JUDGMENT rather than a reality. If the Result I want is important enough, then the action I take to achieve it is not discomfort. It is merely a step toward EXCELLENCE!

Join us for Flight in November to TAKE STEPS TOWARD EXCELLENCE!

**~ Pat Hardesty**



## Freedom Tool Bag : Your Contract

(What do you want more of?)

As a young woman attending all of the Freedom Kids Camp's... my contract was "I am a Loving and Caring Young Woman". At that time in my life, being loved and cared for was of particular and great importance. This is significant in any one being's life at all times, but for me this contract with myself of being loving and caring helped to mold and shape the mother, wife and woman I am today.

In September of this year I had the amazing and surprising experience of completing the Roots & Wings training as a *growing* woman. I began to have a deeper understanding of who I am and the direction I wish to go in my life. There have been many "tools" that I try to use daily, but one of most important tools is my contract. *I am a Complete and Powerful Woman!*

Amongst the dizzying pace of our life in the present moment, I have had some opportunity to absorb my contract and what it means to me. In fact I found myself in personal conversation today while washing dishes, "I can do that, because I am a POWERFUL woman! And that's what a powerful woman would do darn it!" I always knew that I was strong inside, but never realized the personal power I was

willing to give others by not claiming it for myself. And in keeping or giving my personal power to others, I was actually hindering them from theirs as well. By challenging myself to be outgoing and strong I will challenge others, and I'm excited about what we can accomplish together!

I've always thought of myself as "too emotional" and there for I didn't share with others for fear of judgment and embarrassment. Since the training I have had several "emotional" conversations with people, and not once have I let my tears hinder my actions. In fact, I haven't even cried! I am a *Complete* woman. Not in need of waiting for permission from others. Not in need of acceptance before taking action. Not in need of finding my missing pieces before I can blossom. I am *Complete* right now and I matter to this world. I'm still processing this one and being thoughtful about the impact this has had and will have on my life. It was a transformational thought process for me, and I'm excited about where it will take me.

The "loving and caring" me always wants to be a connected and there for everything and

everyone, it has served me well thus far. However, since creating my new contract I have a clearer understanding of who I am and a clearer picture of my purpose. I am asking questions of myself such as, "Is this in line with who I am? Does this enrich the *Complete* and *Powerful* woman within? Will my being a part of this, challenge and encourage others to be who they are?" Life's questions are easier to answer when I use the direction of my intuition and contract together.

It's a process. My commitment to myself is to continue learning with and about my contract. I want to grow, and guide others in their growth. I'm excited about being a *Complete* and *Powerful* woman! What is Your Contract? Have you been practicing your contract? Are you in need of a new, more challenging and growth oriented contract? Life evolves; it's one of the beautiful aspects of our world. I encourage you to consider these questions and then take action in that commitment to yourself.

**Amy Hardesty-Craighead**  
**A Complete &  
Powerful Woman!**

## Attention Kids Camp Grads!

We trust that the training you received at Kids Camp has been an asset that you have carried into adulthood. We believe that you can benefit from “sharpening those tools” and adding some new ones! As you transition through new stages of life we realize that you are faced with new challenges.

Reconnecting with Freedom grads in the Roots and Wings

training is a powerful experience that can propel you forward toward your dreams and goals as well as strengthen the communication with loved ones. We are offering a significant discount for you to attend the Roots and Wings seminar. To learn more, please contact fellow Kids Camp Grad Amy Craighead at (573) 808-1371 or amy@ktis.net

### Freedom Family Gathering December 3-4, 2010

We will have a Freedom Family Gathering at the Callaway Electric Cooperative just off of Hwy-54 in Fulton, MO.

There will be a carry-in dinner, with meat & drink provided, on Friday the 3rd from 6-9 p.m., we'll eat about 6:30. Families are welcome for this time of celebration and fellowship.

On Saturday, the 4th, you will have an opportunity to “sharpen” your Freedom tools. We will have a workshop from 9:00 a.m. to 3:00 p.m. with lunch on your own. This portion of the gathering will be reserved for both Freedom graduates and those who are interested in attending Roots & Wings. The only charge for attending is your energy & love!

**Please R.S.V.P by Nov. 25th**



## Freedom Seminars

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### *What has Freedom done in my life? WOW! ... that's my answer!*

I went thru Freedom Seminar initially ~20+ years ago. What an awesome program -- I gained a lot of strength, knowledge, and information from the experience. So, here I am back again... many life changing experiences have occurred since my first seminar experience. My children are now grown, and now I have been blessed with several grandchildren. I had the desire to attend Freedom Seminar, for a "refresher" course that could possibly help me be a better wife, mother and grandmother. What a rewarding experience!

My husband and I are "back on track" with our marriage, and I am forever thankful for the September 2010 Roots and Wings

Freedom Seminar experience. By the way, I am a "Worthy" woman. I feel so blessed that I have a "Strong, Loving and Caring Man" to share my life with. Sounds like such simple contracts -- but for the first time in our marriage, I feel like we are a very dynamic couple.

Sometimes life becomes very difficult. We are bombarded with all kinds of things around us.

There are temptations, negative influences from the media, perhaps we are easily consumed by work. It's no wonder that we lose our focus from time to time. We need help to better respond to the storms in our lives. We know that we grow and learn the most in our lives during hard times. So we have to be "real" about this life

and be able to face the good and bad times that come along. I truly believe that the tools we gain from Freedom Seminar better equip us to deal with the "stuff" we have to encounter.

My improved outlook is to ... continue to pray, be happy, listen to/give to others, and keep in touch with my Freedom buddies, and of course -- stay equipped with my Freedom Tool Bag!

**~Laura Schuster  
A "Worthy" Woman**

*Laura is a September  
2010 Roots & Wings  
graduate, living out her  
contract daily!*

