



# LIVING A TRUE AWESOME LIFE NOW!

*even if the situation sucks at the moment*

A Guide From The Creator of the Freedom Systems

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# It Starts With A Decision

## It Starts With a Decision.

Yeah, yeah I hear you screaming at the screen, "If I could just decide that I can live my true awesome life I would be already."

When we truly make a decision, it is like a turn in the road. I was going this way or kinda this way, now I am going that way. Whatever you call your higher power starts arranging things to make that happen.

When I first decided to get in an RV, it was almost 5 years to the day from the time I actually got my first one. It would have probably been sooner had I truly made the decision earlier. My first business had bombed, and my relationship of 7 years fell apart, I was taking care of my mother, who at the time could pass away at any moment, and the spiritual center that I was working with had closed. I asked Rev John what I should do now and he said, "Did you take it to meditation?"

Fuck no I didn't take it to meditation! Sometimes I get a little angry when people say something that is so basic that I should have seen. It would be the equivalent of him asking, "Did you breathe?"

Later that day, I was at the dry cleaner drop-off that I was working at, and it was pretty quiet. "What is my next step?" I asked into the silent space, took a deep breath, and closed my eyes. "Get into an RV and go," I heard as clear as if there was someone in the room. So much so that I actually walked into the little lobby to make sure there wasn't someone actually there. It was a ridiculous thought at the time. This is really before the whole RV trend really kicked off. Not to mention I was a city boy. I am not very outdoorsy. I didn't even want a lawn to mow.

It wasn't until I started asking myself, "Why Not?" did my life start to inch towards where I am now and when I made the decision to make it happen; that is when things really moved. Hell, my friend bought my first RV for me because we found a great deal on two, and had it not been for the pandemic, I probably wouldn't have been able to get on the road at all. Your true awesome life begins in your true choices, not to fix anything, not to have something, but to create the experiences that are aligned to who you are, what your purpose is, and what success looks like to you.

Make the decision right now - state out loud, "I choose to live my True Awesome Life!"



## **You Are Responsible For Your Satisfaction In This Moment.**

Damn responsibility! I knew there was going to be a catch. It took me a while to process this whole idea recently. Christmas was definitely not what I imagined when I started this journey. I was really thinking that "If I had my motorhome back I would be happier." or "If I was at my Uncle's place" things would be better. I too was stuck in the "If X then Life Would Be Y" Now really it isn't my fault, and it isn't yours either.

We are bombarded with messages through books, movies, marketing, and TV that tell us this product, or being in this relationship, or having your life look this way will make it all better. The truth is, that true satisfaction happens in the moment, and is independent of any outside stimulus.

For all that I didn't experience this holiday, one thing that I have never experienced before on Christmas was spending time in a hammock watching a movie and not freezing my bits off. This is the part of the adventure I will choose to be satisfied with.

### **At the end of the day it comes down to getting flat, meaning having no resistance, on each of these statements:**

- I can fully accept my current state.
- Nothing is wrong here.
- There is something the present state is better than.
- All your problems are brilliant and elegant solutions.
- Where I have shame I am actually grateful.
- Where I find hope I also find hopelessness.
- I can surrender 100% to what is
- There is nothing I can do to belong more or less
- There is nothing I can do to be more or less loved
- Right now is better than where I want to be.

I hear you saying, "Yeah Jeff, that is easy for you to say."

Trust me, some of these statements have made me angry also, so I have taken my latest setback and given some examples.



## **I Can Fully Accept My Current State**

Ask any 12-stepper and they will tell you that the first step is acceptance. Often this is a rough step. It may not be where you wanted to be or thought you should be but here you are.

Truth is, your choices brought you right smack dab where you are.

It doesn't mean that it is time to beat yourself up. It is just where you are on the map of your life. You wouldn't look yourself up on the GPS and beat yourself up for being where you are.

It just is where you are.

## **Nothing Is Wrong Here**

This statement has taken me many years to fully comprehend. I remember when a good friend of mine, John Considine first introduced me to the practice.

He said something like, "Take on the idea that nothing is wrong here."

The first thing my mind did was compile a list of all the things that, from my view, were wrong. Anything from my income, all the way to my partner and I weren't doing much in the bedroom.

Even now, I have to take a deep centering breath before I can embrace, "Nothing is Wrong Here."

There may be things that I would like to optimize, and there may be conditions that I would like to be different, but in the end, it is like a rainy day. It isn't wrong.

We give our lives meaning. Can you remember a time when you played in the rain, maybe walked with a lover, or even as a kid jumped through the mud puddles?

Now, there are experiences that I prefer, like a nice sunny walk on the beach rather than waiting for a bus in 15-degree weather, yet, neither experience is "wrong".

We have a choice. We can scream at the clouds for the rain falling down, or we can grab an umbrella.



## **There Is Something the Present State Is Better Than**

On September 14, 2021, I drove into some water in my 5th wheel and got stuck. I had just left Orlando where I had enjoyed some time with a good friend of mine, Gabbie, and was in the Osceola National Forrest where I had planned a couple of weeks of peace.

The place I originally found had a road closure. So I quickly found another place using Google Maps.

I spent 14 hours in the water, worried about crocks and water moccasins, not sure how I was getting out. Not even sure of what I was going to do when I did.

Today is better than that.

I bought a motorhome with the insurance money and six hours into my journey ended up blowing the motor in the mountains.

Looking back on the last couple of months, I am so glad that I am not still in the water. I'm glad that I have had wonderful people allowing me to live my dreams, and that I have been able to spend some time getting super clear on what it is that I want. Even now, after putting in one motor and having the heads be bad on it, and having to come up with another \$1,200 towards heads.

## **All Your Problems Are Brilliant and Elegant Solutions.**

So this statement takes some work. Ask yourself, "What solutions are your problems solving?"

After talking about how where we are is better than where we were, it is a little easier to understand that this is an elegant solution, but it is a little deeper than that.

Currently, I am still waiting for the motor on my motorhome to be fixed which can be ready at any moment. I am now at the mechanics which allows me to still work and save on internet costs. I have a whole floor here, so there isn't the problem of being in the way as there was at my niece's. Lastly, having the motor redone ensures that I should have something solid to drive cross country with.



## **Where I Have Shame I Am Actually Grateful**

So there has been many places lately that I have shame. Being an entrepreneur and not always having a steady income is always challenging. It gets compounded when you have an emergency, and really need the money to be flowing more steadily than it has.

I am grateful for the skills that I have that allow for me to be nomadic. I am grateful that I have people that are there for me. I am grateful for the time to do some inner soul work. I am glad for the time to really look at what I want and to be able to fully go after it. I am grateful for the lessons in vulnerability.

## **Where I Find Hope I Also Find Hopelessness**

Stay with me here. I am not saying that you shouldn't feel hope. Can you take on the idea that anywhere you are finding hope, you are saying that now is not ok, or that you don't believe you have power in this moment?

Often, it is our hopes that show us our fears, that which we may feel that we can't ever obtain.

You can hope and dream or, you can set intentions and plans.

## **I Can Surrender 100% To What Is**

What do you think of when you hear surrender? Do you think white flags and giving up, or do you think handing it over so you can live another day?

Most of the time the battles we fight are unnecessary; made up in our heads by voices that we inherited 7 generations ago. What if we can stop fighting everything? What if we could say, "This is the moment and there is nothing wrong?" What if we could say, "I disagree here, but I respect who you are as a human." Or maybe make the choice to detach with love if you can't find respect for that human?

Surrender doesn't necessarily mean that you are doing nothing; it means to stop giving energy to the current strategy is not working.



## **There Is Nothing I Can Do to Belong More or Less**

Belonging is such a tricky subject because it is completely an energy thing. The truth is, there is nothing you can do to belong more or less than to just choose if you belong or you don't. (Well unless you are physically being tossed from a club then you can sober up a little bit lol)

Most of the time the feeling that you don't belong comes from some form of "not good enough". Even more specifically, "I am not as good as them." The truth is, there are things that this may be true about such as a sport, musician, or even orator; that doesn't mean you don't belong in the same space.

### **I have a few questions to ask yourself when you are feeling as if you don't belong:**

- Is there a sign saying that this is for someone that excludes me (girls locker room, employees only, etc)
- Has someone asked me to leave?
- Am I in danger?

Then most likely it is just the voices saying that you don't belong – smile and start a conversation with someone other than yourself. "Hey! I don't think we have had the chance to meet, my name is...."

## **There Is Nothing I Can Do To Be Loved More or Less**

It's true that some people are going to love you, and the haters are gonna hate. There is nothing you can do to be loved more or less. I mean bringing some flowers now and then might bring some appreciation, and remind a significant other of feelings they have for you, but true LOVE according to Dr. Helen Fischer, is a combination of chemicals and commitment. Really Bonnie Raitt was right when she wrote, "I can't make you love me if you don't"

### **Say it with me:**

- I have nothing to prove.
- I am perfect, whole, and complete.
- I don't need someone else to validate me.



## Right Now is Better Than Where I Want to Be

So why is right now better than where you want to be? Because in this moment is where the power lies.

So often in life, we are thinking about what could, should, and would happen instead of focusing on what is right in front of us to do. We want to change the current circumstances or think that we can feel better when we have more money, a better job, the next client, or that perfect relationship.

Yet, you don't need any of those things to FEEL better. At the end of the day, that is what this whole series has been about. Having the feeling of satisfaction in this moment instead of waiting for the perfect circumstance to show up.

That circumstance could come, or it could not, but if you are always looking for that to bring you happiness, you will always be searching.

Sammy Hagar said it best,  
*"The more things you get, the more you want  
Just trade in one for the other  
Workin' so hard, to make it easier, whoa  
Got to turn, c'mon turn this thing around"*

Can you see how getting flat on these statements can help you realize your decision to live a true awesome life? It may not be the life of my dreams at the moment, but it is still truly awesome!

Now let's start getting a little more clarity on what the life of your dreams looks like. On the following pages, are the worksheets that go along with the Being, Purpose, and Success Training that can be found in the guides section of the Freedom Entrepreneurs United Community. If you learn nothing else from me be it this: if you don't define who you are, what your purpose is, and what success looks like to you, you will always be at the mercy of someone else's definitions, and can never find true happiness.

[Get the free training by clicking here.](#)





## Tips on Writing A Being Statement

**Be Broad** - if it is too narrow it doesn't encompass everything in your life. For instance, I am a mechanic who fixes cars all day just doesn't work. It isn't who you are, it is what you do.

**Be Personal** - Focus on your unique gifts that you bring into the world. While "I am a man" may be true, it doesn't encompass how I show up for people.

**Be Inspiring** - Your being statement should inspire you. (And possibly those you share it with.

**Starts Firm** - "Who I am is" It doesn't say "who I would like to be".

### **My Being Statement:**

Who I am is a Divine Space anchored by my in-breath and solidified by all other sparks of the Divine. I am a loving, compassionate, powerful leader who strives to design a truly awesome life for not only myself but for those in my sphere of influence. I am an instrument of peace in the perceived chaos, I am a resilient adventurer who chooses to live a life I love, be the dominant creator in my life, and live in my purpose with health and vitality.

While people may not use those exact words, people would agree that this is who I am. I have been called similar and told that I am this person time and time again.

### **Questions to Ask Yourself While Creating a Being Statement:**

Does my Being Statement match who I am at the core?

Does my Being Statement inspire me?

Does my Being Statement allow for a full life or is it too specific?

Does the actions I am doing now match my being statement?



# Being, Purpose *Success*

**Memory 1**

**Memory 2**

**Memory 3**

**Common Emotions**



# Being, Purpose *Success*

## Perfect Week Exercise

Just for today, just for this exercise, I want you to suspend the idea that you have to accomplish anything or need to create for any reason other than because you would love it. Once you get a vision of it, write it down. Don't CENSOR YOURSELF. Make sure it comes from a place of "Because I Love It" rather than fixing something.

This is not a "special week".

- You aren't on vacation
- If you have kids, they don't go away. (unless you dropped them off at the orphanage)
- This is your real life (just not one you have recognized yet)

It is Monday morning.

- Where do you wake up?
- Picture the bed, the sheets, the furniture, the view.
- What does your bathroom look like?
- What clothes do you put on?
- What do you do next?
- How do you interact with family?
- What kind of impact do you make on the world? What does that look like?

What else do you see?

Tuesday Is Here:

- Do you wake up in the same space?
- Do you have different duties today?
- What did you have for lunch?
- What was your biggest accomplishment?

What else do you see?

Welcome to Wednesday

You are half way through your week...

- What goals did you already accomplish?
- What inspires you?
- Who did you get to talk to that you didn't think you could?

What else do you see?

Thursday Has Arrived

- How many people are on your team
- What does your workspace look like
- What are you working on

What else do you see

Friday Is Here

- What are you celebrating?
- What do you do for fun?

What else do you see?

Saturday

- How do you spend your free time?
- What are you setting up for next week?

What else do you see?

And Finally, Sunday

- How do you pamper yourself?
- How do you get inspired?
- How do you feel about yourself?



**The World Is**

**People Are**

**I Am**

