

TOP 5 TIPS TO BREAK FREE



1. Find Your Voice and Embrace Authenticity

- **Why It Matters:** Breaking free begins with knowing and owning who you are. Jonathan emphasizes the importance of embracing your true self to build confidence and authenticity in all areas of life.
- **Action Step:** Take time to reflect on your values, strengths, and passions. Write down three things that make you uniquely “you” and start aligning your daily actions with them.

2. Turn Struggles into Strength

- **Why It Matters:** Struggles and setbacks are powerful teachers. Jonathan’s story demonstrates that adversity can be transformed into the foundation of your greatest growth.
- **Action Step:** Reframe a current or past challenge by identifying what you learned from it. Use this as fuel to drive your next steps toward growth.

3. Own the Room with Confidence

- **Why It Matters:** Your presence speaks before you say a word. Commanding attention through confident body language and energy helps you lead with authority.
- **Action Step:** Practice the “doorway pause”—when entering a room, stop for two seconds, acknowledge the space, and walk in with purpose. This simple act can shift the energy and elevate your presence.

4. Break Down Barriers with Action

- **Why It Matters:** Procrastination and hesitation hold you back. Taking small, consistent steps forward creates momentum and dismantles the barriers of fear and inaction.
- **Action Step:** Commit to the 5-Minute Rule. Pick a task you’ve been avoiding and work on it for just five minutes. Starting is often the hardest part, but it builds momentum.

5. Build Connection Through Vulnerability

- **Why It Matters:** True connection is built when we’re willing to show our struggles and humanity. Vulnerability fosters trust and deeper relationships, both personally and professionally.
- **Action Step:** Share one story of a struggle or challenge with someone you trust. Use it to create a bridge of empathy and understanding.