



# STEPS TO FREEDOM





# The Limitless Mindset Steps to Mental Freedom

*To help you stay aligned to your highest path*

## **My Journey**

I am going to begin with a bit of background on my own mental journey.

In 2022, after moving through a series of life changing events, I found myself in a place where I no longer knew who I was. I was in a mental crisis. My marriage had broken down, I had to move home, and I was starting my life all over again.

I had gone from living in a beautiful architect designed home to moving into a house I had inherited that had been trashed by renters. It needed significant work just to make it liveable. I had very little furniture, and for the first time in a long time, I felt completely alone and uncertain about my future.

It was during this period that I began to truly understand the importance of mindset and mental health.

I was trying to rebuild my self worth, but I was looking for it outside of myself. I believed that if I achieved something, if I fixed everything around me, then I would feel better. But no matter what I did externally, nothing actually filled that emptiness inside me.

Eventually, I made the decision to look within.



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I began with a meditation course so I could start to connect to my inner world, and from there I made one of the most important investments of my life. I invested over \$30,000 into working with a life coach over the course of one year and nine months.

Through that work, I completely transformed my mindset.

For the first time, I began to listen to my heart and trust my inner voice. I started to believe in myself in a way I never had before, and that is what allowed me to commit fully to my dream of climbing the 14 peaks. Before doing this work, I did not believe I was good enough to live my dream, let alone capable of achieving it.

It was the tools and techniques that I learned through meditation and coaching that helped me rebuild that belief. They allowed me to strengthen my mind, develop self trust, and create a foundation that could support me through one of the most demanding challenges in the world.

Since doing that work, everything has changed.

In two and a half years, I have summited eight 8000 metre mountains, five of them without oxygen. I have spoken on stages around the world, been interviewed live on television multiple times, featured on radio, podcasts, in magazines and online publications, and shared my journey through film.



# **The Limitless Mindset**

## **Steps to Mental Freedom**

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I could never have imagined becoming the person I am today, now recognised as Australia's leading female mountaineer.

This was a dream I first had in 2007, yet in the fifteen years that followed, before I truly committed to my inner work, I had only summited four 8000 metre peaks, with just one of those without oxygen.

The difference was not my physical ability. The difference was my mindset.



# The Limitless Mindset

## Steps to Mental Freedom

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### **Understanding the Mind**

By now, you can probably feel how strongly I believe that mindset shapes everything in our life. If we want to live a fulfilling life, if we want to step into the highest version of ourselves, then we must first learn how to work with our mind rather than be controlled by it.

Because before we can even see what that next version of ourselves looks like, we need to clear the filters that are distorting our perception, and those filters are our limiting beliefs.

They sit quietly in the background, shaping the way we think, influencing the decisions we make, and often holding us back from moving forward with clarity and confidence.

When our mind is clouded by those beliefs, we hesitate, we overthink, and we begin to question what we are capable of. But when we learn how to recognise and shift them, everything starts to open up.

We begin to see new possibilities, we make clearer decisions, and we move forward with a sense of direction that feels aligned rather than forced. This is where the real work begins. And this is where the tools and techniques I am about to share become so powerful.



# The Limitless Mindset

## Steps to Mental Freedom

*To help you stay aligned to your highest path*

### **When Your Thoughts Spiral**

What do you do when your thoughts spiral into the future and you find yourself constantly thinking about the worst-case scenario?

When this happens, the first and most important step is to pause.

Bring your awareness back to your body and take a few slow, intentional breaths. This allows your nervous system to begin to settle and creates space between you and your thoughts.

From here, gently remind yourself that none of those imagined outcomes have actually happened. They are simply projections of the mind into a future that does not yet exist.

At the same time, what you do want to happen, the best-case scenario, has also not happened yet.

That is the reframe.

Just because something has not happened does not mean that it will not. It simply means it has not happened yet.

Once you understand this, you can begin to bring your focus back to the present moment, which is the only place where you have any real control.



# The Limitless Mindset

## Steps to Mental Freedom

*To help you stay aligned to your highest path*

Find a comfortable place to sit, close your eyes, and take four slow breaths. Breathe in for four seconds and out for eight seconds, allowing each exhale to soften your body.

Then gently repeat to yourself:

"I am ok. I am supported. I am going to take this one step at a time. All I need to do right now is focus on my next step."

Allow your next step to come to you.

It might be something simple, like taking a break, asking for help, speaking to a friend, or saying no to something you do not have the capacity for right now.

Whatever it is, trust it.

Come back to your breath and bring your full attention to that one step.

You do not need to solve everything at once. You only need to take the next step.

And most importantly, be gentle with yourself as you move through it.



# The Limitless Mindset

## Steps to Mental Freedom

*To help you stay aligned to your highest path*

### **When You Feel Stuck or Low**

What is a technique to use when you have been stuck in a period of feeling low and it seems like nothing is going your way?

I still experience these moments in my life where things do not appear to be aligning in the way I thought they would. The difference now is that I do not stay in that state for as long, because I have the tools to shift myself out of it.

What may have once been a week of feeling flat or disconnected is now reduced to a day, or sometimes even just a few hours.

One of the most powerful tools I use in these moments is gratitude.

I sit down with my journal and begin to write everything I can think of that I am grateful for in my life right now.

At first, it might feel difficult, especially if you are in a low state, but that is exactly why this practice is so important.

You can start small.

“I am grateful that someone smiled at me today.”

“I am grateful to live in a place surrounded by nature.”

“I am grateful that my body allows me to move.”

“I am grateful for clean water, for food, for a safe place to sleep



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Very quickly, you begin to realise that there are endless things to be grateful for.

The people in your life, the environment around you, the simple moments that often go unnoticed.

Gratitude shifts your perspective. It takes your focus away from what is missing and gently redirects it to what is already present.

My life coach, Freeman Fung, says, "Gratitude is the attitude that shifts you to a new altitude," and I have found that to be completely true. It is one of the fastest ways to elevate your state and reconnect with a sense of appreciation for your life.

And when you bring yourself into a true state of gratitude, your mind begins to search for and recognise more things to be grateful for in your life.



# The Limitless Mindset Steps to Mental Freedom

*To help you stay aligned to your highest path*

## **When You Feel Stuck Moving Forward**

I don't seem to be getting anywhere. I feel stuck and the thing I want feels so far away. How do I shift my mindset and understand what to do next when everything I have been doing is not working?

This is something I still experience as well. There are times where I feel like I am doing everything I possibly can, yet I am not seeing the results I expected. It can feel frustrating and confusing, especially when you are putting in so much effort.

This is where a really important shift needs to happen. It is a shift away from constantly doing, and back into a state of being.

Because you do not receive in life based purely on what you do. You receive based on who you are being while you do it.

What this really means is that your beliefs, your sense of self worth, and what you feel you deserve are all influencing the results you create. For example, there is a common belief that if you work harder, you will earn more. But we know that is not always true.

There are people working long hours for a low hourly rate, and others who charge significantly more for the same amount of time and service. The difference is not always the work itself. The difference is how they see themselves, what they believe they are worth, and what they are available for.



# The Limitless Mindset

## Steps to Mental Freedom

*To help you stay aligned to your highest path*

So, when you feel stuck, it is important to pause and ask yourself an honest question.

Is this actually what I truly want?

Because sometimes the reason we feel stuck is not because we are failing, but because we are trying to force ourselves toward something that is not fully aligned. If the answer is no, then it may be time to explore a different direction.

But if the answer is yes, and you truly do want what you are working towards, then the next step is to look within. There may be a belief sitting underneath the surface that is holding you back, something like needing to work harder to prove yourself, or not feeling worthy of receiving what you want.

This is where the real shift happens.

When I find myself in this position, I bring my focus back to how far I have already come. So often, we become fixated on what is missing from our life, and in doing so, we completely overlook everything we have already created. Our mind continues to search for what is not there, instead of recognising what is.

So, I take out my journal, and I begin to consciously acknowledge my wins. These can be small things like paying a bill on time, receiving positive feedback, taking care of my health, or showing up for something that felt difficult. And they can also be bigger milestones that a younger version of me would be incredibly proud of.



# The Limitless Mindset

## Steps to Mental Freedom

*To help you stay aligned to your highest path*

As I write them down, my focus begins to shift. Instead of seeing lack, I begin to see progress. Instead of feeling stuck, I begin to see movement.

You can try this for yourself. Take a few minutes and write down everything you have achieved, both big and small, and notice how quickly your perspective begins to shift.

And from that place, it becomes much easier to make clear decisions and take aligned action. Because when you focus on your wins, your mind begins to orient itself toward growth and possibility, rather than reinforcing a narrative of failure.

And the truth is, there is no such thing as failure. There are only lessons.

Every experience is showing you something, guiding you, refining you, and preparing you for what comes next. If you continue to move forward, if you continue to learn and adjust, then you have not failed. You are simply on the path.



# The Limitless Mindset Steps to Mental Freedom

*To help you stay aligned to your highest path*

## **When You Feel Out of Alignment**

I realise that I am walking down a path that I never truly chose for myself and it no longer aligns with who I am. What should I do now?

This is something many of us will face at different points in our lives. I have been there myself. I reached this point in my marriage, and if I am honest, I had been there for years. I knew something was no longer aligned, but I was too afraid to make a change because I did not want to be alone.

What I did not realise at the time was the life that was waiting for me on the other side of that decision. I could never have imagined how much my life would open up, or that I would meet my life partner so quickly. But none of that would have been possible if I had stayed where I was.

Indecision is what keeps us stuck. So, the first step in moments like this is not to rush into a big decision, but to create clarity.

One of the most powerful questions you can ask yourself is this:

If I stay exactly where I am right now, will I feel fulfilled?

Sit with that question and allow the answer to come honestly, without trying to force it. You do not need to have everything figured out. You do not need to make a life changing decision immediately. You only need to begin to consider your next step.



# The Limitless Mindset

## Steps to Mental Freedom

*To help you stay aligned to your highest path*

Sometimes that next step is small. It might be having a conversation, setting a boundary, asking for support, or simply giving yourself the space to think clearly. And sometimes it takes time to even see what that next step is, and that is completely ok.

You may choose to speak to people you trust and gain perspective, but ultimately, you always have a choice. Even in situations where it feels like you did not consciously choose the path you are on, at some point you made the best decision you could with the awareness you had at the time.

And you are allowed to choose again. You are allowed to evolve. You are allowed to become a different version of yourself.

One of the ways I support myself through periods of change is by reminding my mind that change is not something to fear, it is something I have been navigating my entire life.

I will often sit down and write out all the major changes I have already moved through. Moving out of home, starting my first job, beginning and ending relationships, moving house, travelling, experiencing new environments, facing challenges and uncertainty.

When you really look at it, your life is filled with change. It is not something new. It is something you already know how to move through. So instead of resisting it, you can begin to trust yourself within it.



# The Limitless Mindset

## Steps to Mental Freedom

*To help you stay aligned to your highest path*

During these times, it is also important to allow your emotions to come up. If I feel overwhelmed emotionally, I stop and ask myself what those emotions are trying to show me. I do not suppress them or push them away. I sit with them, I listen, and I treat them as parts of myself that are asking to be heard. Because very often, those emotions are guiding you toward your next step.



# The Limitless Mindset

## Steps to Mental Freedom

*To help you stay aligned to your highest path*

**Everything I have shared comes back to one thing.**

### **Coming Back to Yourself**

We all have our own unique journey and path to walk in this life, and it is so important that we take the time to acknowledge how far we have come, to recognise our strengths, and to truly appreciate the person we have become through everything we have experienced.

So often, we move straight into thinking about what is next without ever pausing to honour what we have already created, but when you begin to reflect on your life in a deeper way, you start to realise that you have already built resilience, awareness, and strength simply by living and navigating the challenges that have come your way.

When you meet yourself with that level of appreciation, something begins to shift internally, and instead of feeling like you need to force outcomes or control every step, you begin to move into a place of trust in yourself and in the process that is unfolding.

From that place, new possibilities begin to open up, not because you are chasing them, but because you are now able to see them.

We cannot always control the exact outcome of our life, but we can choose how we meet the path in front of us, and when we are willing to meet it with openness rather than resistance, life often unfolds in ways that are far greater than we could have imagined.



# The Limitless Mindset

## Steps to Mental Freedom

*To help you stay aligned to your highest path*

You can begin to explore this for yourself by simply taking a moment to pause and look at your life as it is right now, not through the lens of what is missing, but through the lens of what is already here. What have you achieved, what have you moved through, and what strengths have you built along the way?

Because the truth is that you are not starting from nothing, you are building from experience, from growth, and from everything you have already achieved that has shaped you into the person you are today.

This is something I continue to witness in my own life, especially in moments where I feel like I am not where I thought I would be, because when I take the time to step back and really look, I can see just how much I have already achieved. And when that perspective shifts, everything around you begins to expand.

The possibilities in your life are not fixed, they are shaped by the way you think, the way you see yourself, and the choices you are willing to make moving forward.

That is the limitless mindset.

And if you feel ready to go deeper into this work, to not just understand it but to truly embody it in your own life, I have created the Limitless Mindset™ workshops to guide you through this process step by step.