

# MENTAL PRISON BREAK

3-month Intensive

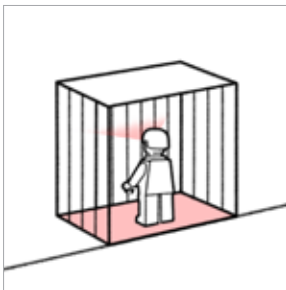
When you feel trapped in that nasty and dark place ... when you have tunnel vision and feel a gripping tightness in your chest ... when you feel lost, lacking any ideas on where to go from here ... it's literally like being wrongfully imprisoned without a chance for appeal. This is what I call a mental prison, and **there's a way out!**

Your cell is the manifestation of your limiting beliefs and unconscious habits. Your prison is constructed from conventions and societal conditioning. Your prison-guards are the negative thought-patterns that keep you locked-in.

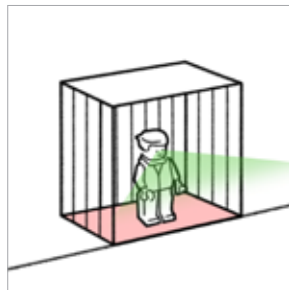
In this 3-month Intensive we start out with a **mental-inventory** to create a **break-out plan** that's airtight. You'll practice working with the fundamental principles of Applied Spirituality and experience their impact until you feel confident enough to pull off your **big escape**.

**This is my invitation for you: return to your natural freedom and lasting happiness.**

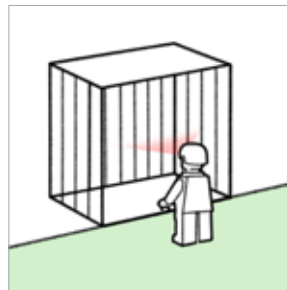
Remember, you've been wrongfully convicted and this cell is not where you're meant to be. **You were born to be a breakout-artist.**



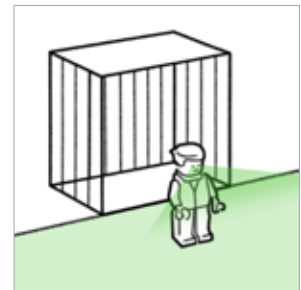
Feeling trapped and facing the bars



Feeling trapped but focussing freedom



Feeling free still focussing the prison



Feeling free and focussing freedom

Here's what you need to understand and go through to actually break-out of your mental prison and be free.

Here are the **5 steps to become a breakout-artist**:

Step 1                      Step 2                      Step 3                      Step 4                      Step 5  
**Mental-Inventory** → **Break-Out Plan** → **Prison Workout** → **Big Escape** → **Freedom**



## Step 1 – Mental-Inventory

You're ready to break out of your Mental-Prison. Congratulations, that's great! The first thing we've got to do is having a closer look at what's actually going on:

**How about your cell?** Before we talk about escaping from the prison, there needs to be digging in that cell. Your cell is the solid manifestation of your limiting beliefs and unconscious habits. Dropping these beliefs and breaking the habits will literally melt your cell down, yes.

**What is the prison like?** The prison stands for rules, conventions and societal conditioning that you picked up on throughout your life. Some may have served you for a while, others turned into the thick concrete walls and iron bars that your prison is made of now.

**Who are the prison guards?** The guards represent negative thought-patterns and emotions that all

share one goal: To keep you locked in! They are sniffing around and checking on every move you make because that's what they are paid for and they do their job well.

Now our plan is your successful break-out and as we learn and understand what the cell, the prison and the guards are all about we'll find loopholes. We'll find weak-spots and take the right measures to make use of them. We'll have a closer look at your fellow inmates and build alliances. We'll use every possible tools at hand to set you up for the big escape.

### Top 3 Benefits:

- **Self-Awareness** – as you learn and understand the situation as a whole
- **Relief** – as your break-out gets within reach
- **Control** – as you shift from reactivity to choice



## Step 2 – Break-Out Plan

Now that you have the prison blueprints – it's time to **create a plan that's airtight**: How to dig out of that confined cell, how to get keys to unlock the other doors, how to team-up with support along the way. We'll lay it all out, step-by-step, in your timing.

You're not guilty. **You are wrongfully convicted and you deserve the freedom you always wanted.**

### Top 3 Benefits:

- **Clarity** – as you get clear on the Mental-Prison makeup
- **Direction** – as you define your overarching goal
- **Focus** – as you set specific milestones, todo's and immediate next steps



## Step 3 – Prison Workout

As the plan is set you've got some work ahead:

**Observe the prison guards** (thoughts and emotions), **practice that lock-picking** (using your awareness-tools), **stay calm and take notes on what works for you and what doesn't** (use your Breakout-Black-book).

I'm not going to be easy on you here – breaking-out isn't a kiddie-game. Flex your mental muscles and do the maths. Your newfound experience will **increase your agility, stamina and overall mental-strength** to pave your way out.

Again: **Observe, practice, experience, repeat.**  
You get my point.

The Prison Workout is a workout by definition, meaning that you'll be rewarded with immediate results along the way. You're working on the **MBA** that no school can ever teach you – the **Mental-Break-out-Artistry** masterclass.

### Top 3 Benefits:

- **Agility** – as your options multiply and your flexibility increases
- **Stamina** – as you actually move forward full force
- **Mental-Strength** – as you build confidence, learn and grow



## Step 4 – Big Escape

You did plenty and you're well prepared by now. It's time to reflect on what you've learned so far and make adjustments if necessary. **You know all the details – it's time to pull it off.**

The Big Escape takes three things: **Conviction, courage and trust.** By now I know that you have all three and that you're ready. You traded in the habitual comfort of your cell for an obsession for freedom.

Whatever your Mental-Prison is like, whatever your Break-Out Plan points towards, whatever you learned

in your Prison Workout: I've got your back, my friend. **Change happens not in the far future, it always happens in this moment. Now!**

### Top 3 Benefits:

- **Trust** – as you can feel your support network
- **Courage** – as you look back on your accomplishments so far
- **Conviction** – as you look forward to your overarching goal



## Step 5 – Freedom

You've made it! You're free! You've claimed your new identity – the one that you always knew was there waiting to be uncovered. Once fully stabilized, this new identity is rock-solid **because it's you – free of Mental-Prisons.**

You won't end up back in prison again. You're out there now with a bag full of tools and know-how, so enjoy your Piña Colada and go on **creating the life you always wanted.** Move freely in that newfound spacious life and fully embrace what you're capable of.

### Top 3 Benefits:

- **Self-Confidence** – as you arrived where you wanted to be
- **Creativity** – as you unleash who you really are beyond confinement
- **Freedom** – as you are no longer limited by Mental-Prisons



Schedule your free complementary call and start digging  
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