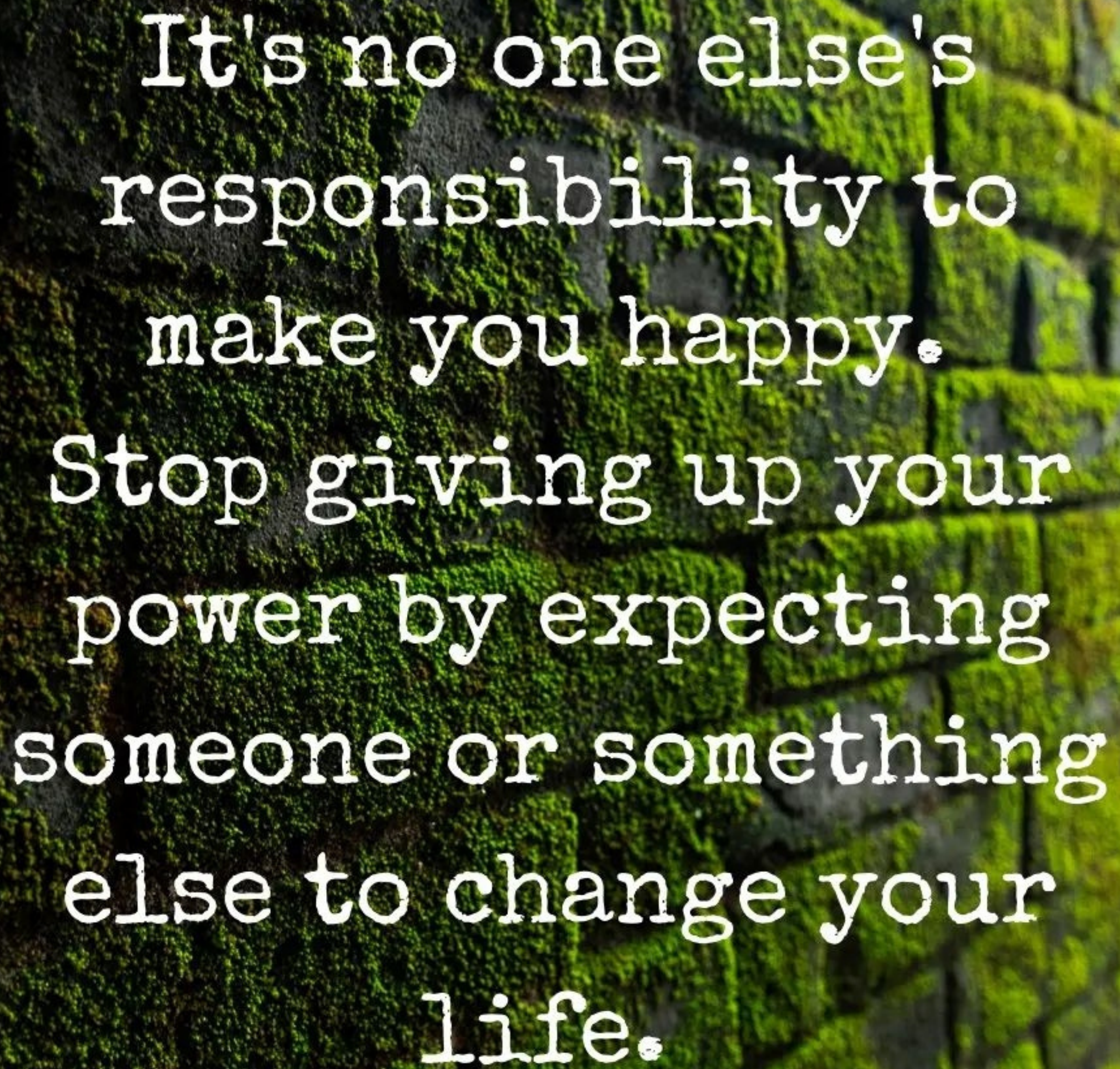




**BREAK THE CHAINS**

**OF STATUS QUO**

**STEP BACK INTO YOUR POWER  
& TAKE CONTROL OF  
YOUR LIFE**



It's no one else's  
responsibility to  
make you happy.  
Stop giving up your  
power by expecting  
someone or something  
else to change your  
life.

@lockehaman

## TAKE PERSONAL RESPONSIBILITY

"I'll be happy when..."

One of the first steps in breaking the chains is taking responsibility for everything in your life.

If you're waiting for the perfect partner, job, situation or success to make you happy, you're missing the entire point. If you're waiting for the "right time" to start, you'll never find what you are looking for. If you're waiting for something or someone else to change your life, your life will never change. You alone are responsible for everything in your life. When you own that fact, you'll be able to reclaim your power.

# HEAL YOUR BAGGAGE

You can't break the chains of status quo if you don't break your own internal chains holding you down. This starts with addressing your own "baggage," if you will. Whether we have emotional or childhood trauma or not, we all have internal thoughts and habits running on autopilot, sabotaging us from reaching our best selves. Can you own that? Will you admit that you have your own internal work to do? Or will you allow these internal chains hold you down and keep you from freedom?

"You have to feel your  
shit to heal your shit.  
The longer you wait,  
the harder it bites..."

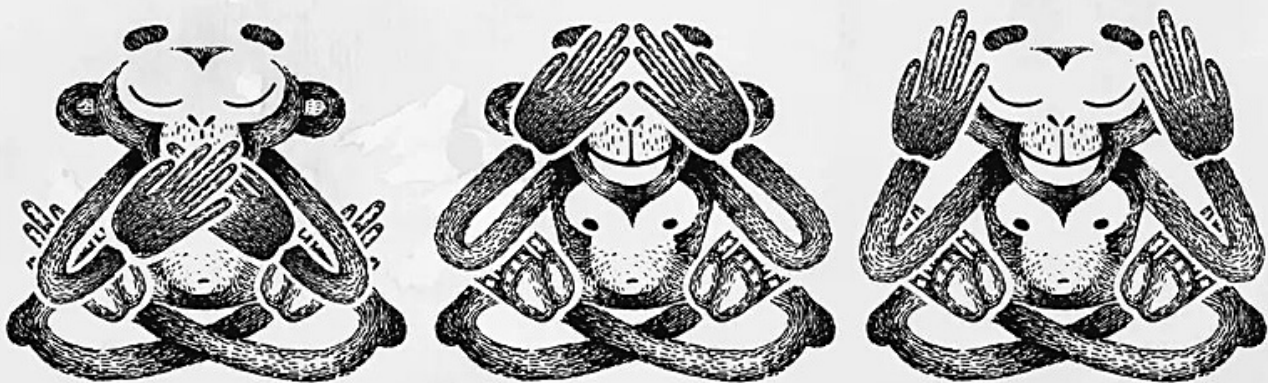


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&  
CHAIN BREAKERS  
*Podcast*

# DON'T TAKE IT PERSONALLY

Your growth is going to upset people. It will never be about you, it is always about how it makes THEM feel. People who are scared to grow are threatened by people who are improving themselves. It forces them to consider the possibility that they're not what or where they should be in their lives. Since that's a scary thought, they often lash out at the person who they feel is threatening them. Sometimes they are not even aware of what they are doing. Sometimes it will be people close to you. Never let anyone, regardless of who they are, undermine your growth. And don't take it personally; they know not what they do.

Waking up threatens those who want to stay asleep.



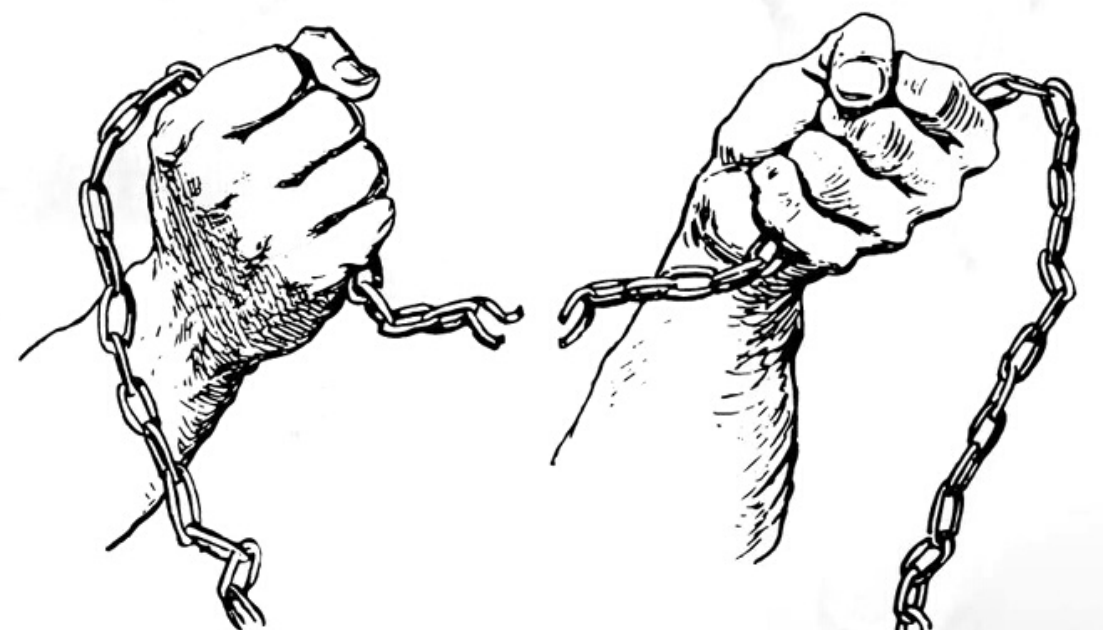
Improving yourself repels those who don't want to grow.



Improving yourself repels those who don't want to grow.



Breaking generational chains attacks those who perpetuate the chains.



"Most people focus on role models. It's more effective to find on anti-models: people you don't want to resemble."



## KNOW YOUR VALUES

If you don't know what you stand for, how can you know when to stand? To break free from status quo, you need to determine your own values, not those prescribed by society. Often this starts with finding role models who you want to emulate, to be like. But it can also help this process to find "anti-models," who serve as a reminder of what you DON'T want to be like. No it's never good to focus on the negative in others, but it can serve you when you use it as a reminder of how you don't want to be.

# HAVE FAITH

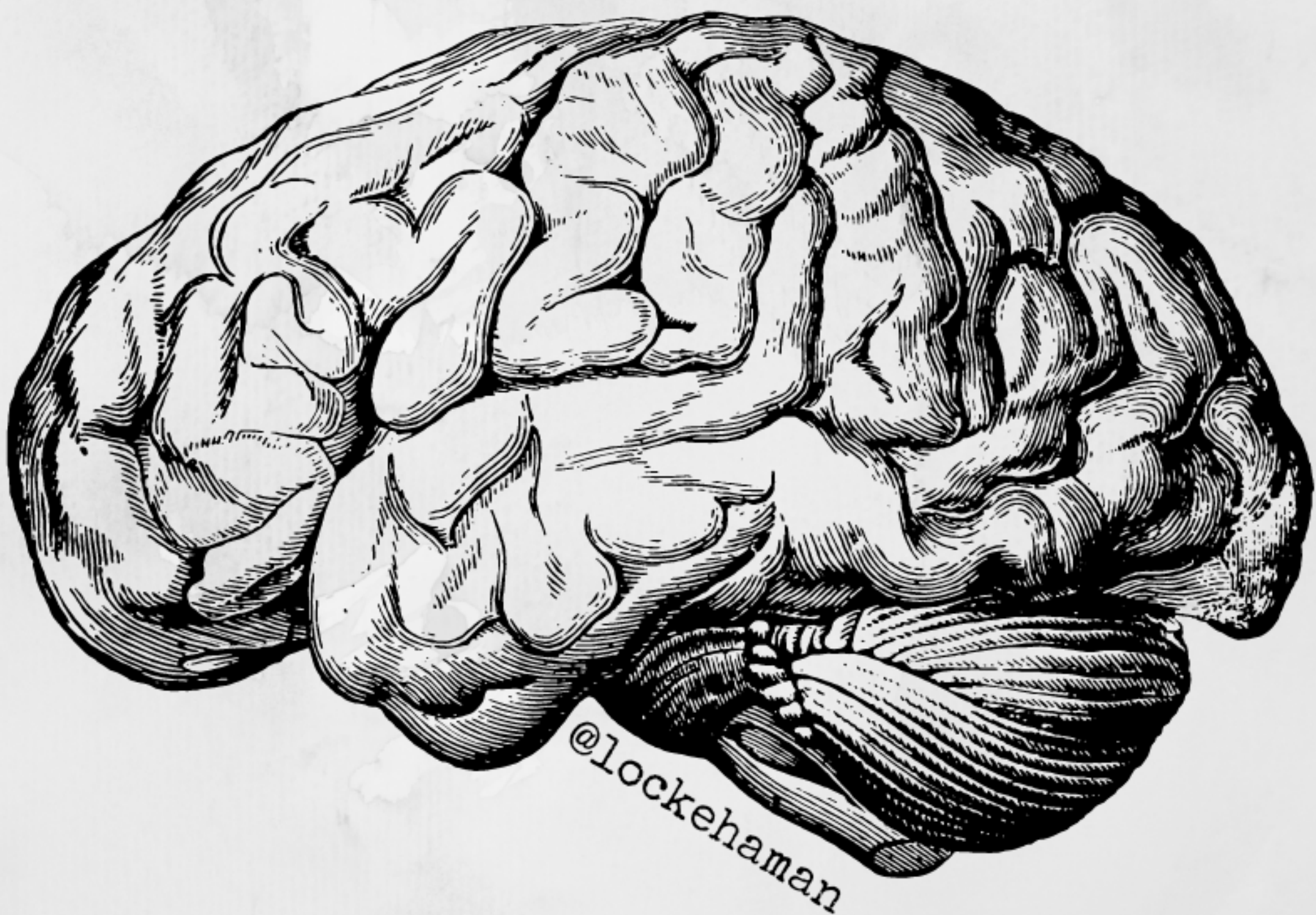
Look for the blessings in the storms. Everything that has even happened, or is happening to you has a meaning for you to understand. Have faith that you're going to make it through the storm, that there is a lesson for you to learn. Whether you want to add religion to it or not, have faith. Faith in God, faith in yourself, faith that you can handle it. And as hard as it may seem, be thankful for the lessons. Maybe you don't need to enjoy the suck, but you can still appreciate that it is growing and preparing you. Always remember, "a smooth sea never made a skilled sailor."

Not all storms come to  
disrupt your life, some  
come to clear your path.

# THINK FOR YOURSELF

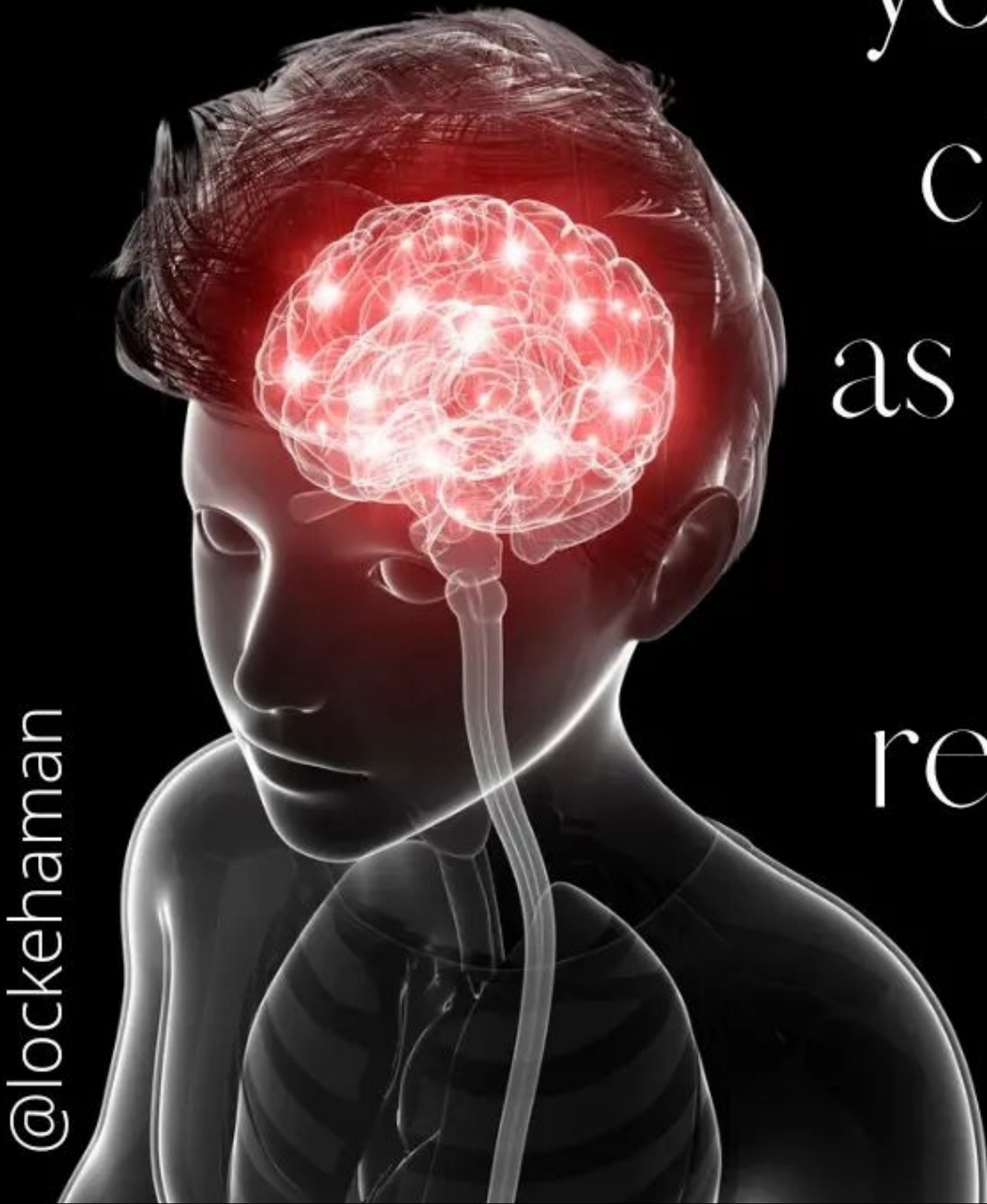
If you can't consider evidence from the both sides of an argument... If you can't admit when you're wrong... If you can't change your mind... If you're not willing to think differently & question everything... Then you're not really thinking. It's as simple as that. One of the greatest tricks that society plays on us is convincing us that there is right and wrong, with nothing in between. Everything is one size fits all, no different answers for different people.

**If you can't change  
your mind,**



**you're not using it.**

You are not responsible  
for the programming  
you received in  
childhood. But  
as an adult, you  
are 100%  
responsible for  
fixing it.



@lockehaman

## REWRITE YOUR STORY

Some of us have experienced extreme trauma in our lives. And everyone has baggage and conditioning from a sick and decaying society that causes us great damage. Whatever events occurred in your childhood, and whatever conditioning you received from your parents, school and society... it's not your fault, not your responsibility. You should not be blaming yourself. But how you handle all that stuff NOW is. No more pity parties and victimhood mentality. The first few chapters of your life were not your choice, but how you choose to write the rest of the story is 100% your responsibility



# BREAK GENERATIONAL CYCLES

If you have kids, you've undoubtedly thought about the legacy you are passing on to them. How they are going to remember you when you are gone is important, but arguably more important are the skills you teach them and the cycles you pass on to them. Even a perfect parent is going to screw something up, and none of us are perfect! Instead of guiltting yourself over any wounds you cause (there will be many), what if you taught them how to heal their wounds? There will always be something in the world to hurt them; you can't protect them forever. But you can teach them how to handle anything that does hurt them.

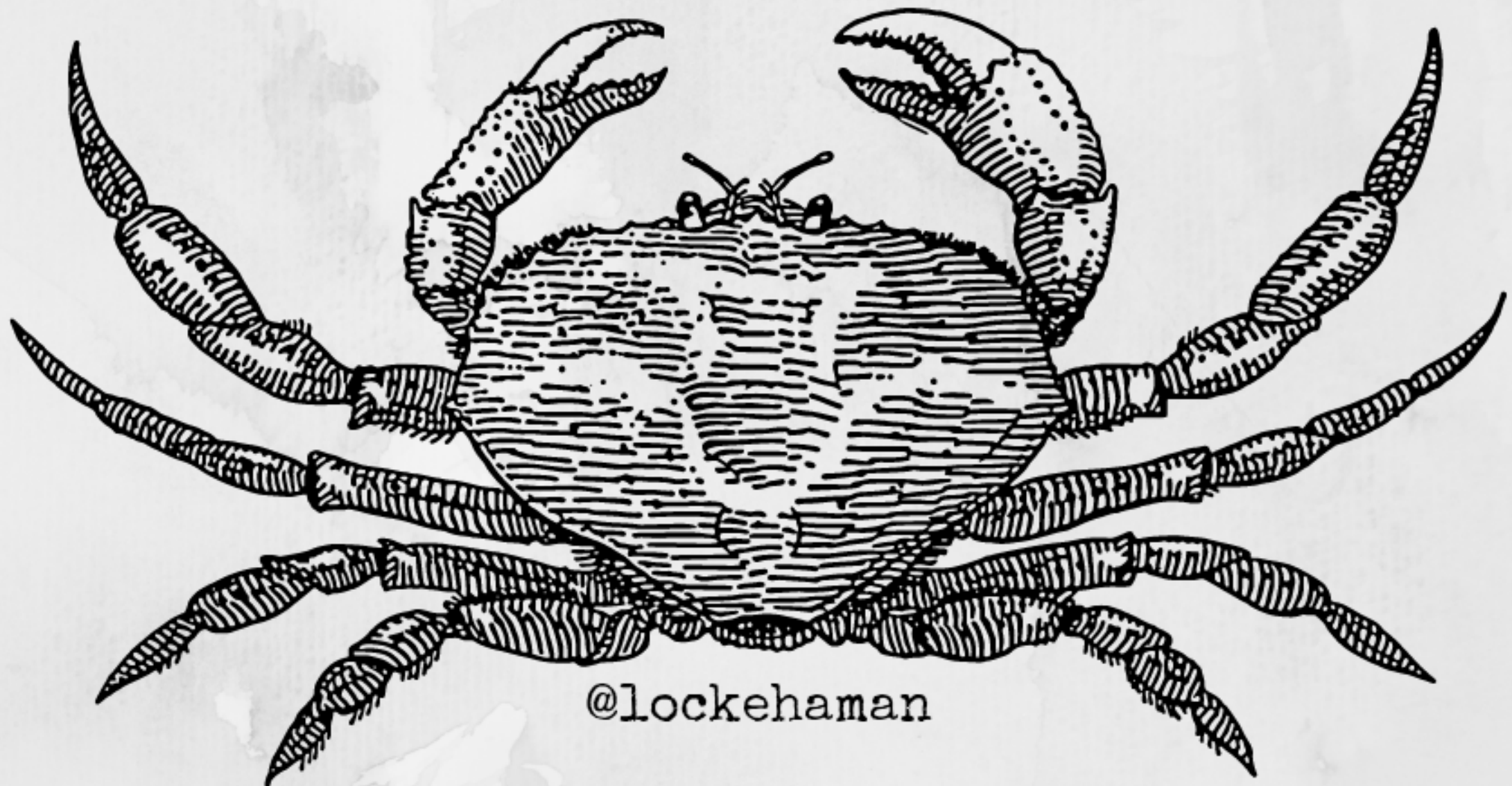
It's impossible to never cause wounds in your children... The point is to teach them how to heal those wounds and break those cycles for themselves.



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# "Crabs In A Bucket"

## Mentality



When crabs are caught and put in a bucket, an individual crab could easily escape. When there is more than one crab in the bucket, they gang up on any crab trying to escape and pull it back down, preventing anyone from escaping and ensuring their collective demise.

## AVOID THE CRABS

If you can't consider evidence from the both sides of an argument... If you can't admit when you're wrong... If you can't change your mind... If you're not willing to think differently & question everything... Then you're not really thinking. It's as simple as that. One of the greatest tricks that society plays on us is convincing us that there is right and wrong, with nothing in between. Everything is one size fits all, no different answers for different people.

# BE INTENTIONAL

Being intentional means knowing what you want out of life or a given situation and making sure your actions align. How many times do we make decisions by default? Not paying attention in the moment, going with the flow, living on autopilot... To live an intentional life takes constant vigilance to stay out of the flow, but it's the only way to get results different than the status quo. This starts with knowing your values, your vision and your goals, and using them as a filter to run all of your decisions through. It may take some work to identify these, but there is no short cut to being intentional.

Being intentional, by definition, means going against the flow, and requires constant vigilance against being pulled back into the flow.



There is a voice that doesn't  
use words. Listen.

-Rumi

## LISTEN TO YOUR INTUITION

Call it what you want: your intuition, your gut, your conscience, or an inner compass... Learn how to tell the difference between intuition and wishful thinking or fear. Then, always trust your intuition. You know what feels right and what feels wrong. The answer is always inside of you. Yes, you want to be open minded to other opinions and ideas, you want to think for yourself and form your own opinion. When you lay your head down to go to sleep, you have to be able to look back at the day and be proud of what you've done.

# About Us



We're Ashley and Locke Haman. We're married, run a business together and homeschool our 4 kids... which might make us a little crazy!

But through all that crazy, we're here to help you self-educate and pursue an uncommon life. For those of you who find that the "new normal" is not enough, you're in the right place!

Subscribe to the podcast!

Trail Blazers & Chain Breakers offers insights and interviews to help you blaze your own trail through a world designed for conformity, and to break the chains holding you back from living an uncommon life.

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Find Us on Instagram:



@ashley\_haman



@lockehaman