




FIVE SCRIPTS TO SET YOURSELF

FREE

from burdens,
obligations &
entanglements—
at **work**, in **love**,
and within **yourself**.



ZOMG!

Created by Promotional Wordsmith
ALEXANDRA FRANZEN
AlexandraFranzen.com



HOW TO USE THESE SCRIPTS



TO SET YOURSELF FREE

If you've purchased & used one of my [earlier script packs](#), you know that I'm all about punchy prose, conversational sparkle, and practical calls to ACTION.

FIVE SCRIPTS TO SET YOURSELF FREE is a bit...different.

The rules of engagement are still yours to define—you can use these scripts verbatim, or massage & meld them into highly-individual works of communicatory art. Holy POW.

Darken them. Brighten them. Flip 'em & reverse 'em. Make them your own.

Most of all—*use them*. Extricate your spirit from whatever's dimming your light—be it a tedious job, a tiresome relationship, or simply a timeworn belief that's lost its luster.

As you flick through these digital pages, you'll find scripts to help you...

- :: Announce your intentions to leave a position—gracefully.
- :: Change your mind about accepting a responsibility—respectfully.
- :: End a complicated relationship—compassionately.
- :: Fire a contractor or freelancer—wisely.
- :: Craft a personal Freedom Manifesto—print it, frame it & love it.

I highly recommend priming your mind with this free article: [Seven Questions To Ask When You're Not Sure Who You're Becoming](#). Because knowing what you're freakishly good at & cherishing your intrinsic gifts is (in my humble opinion) the quickest path to fulfillment...
...and freedom.

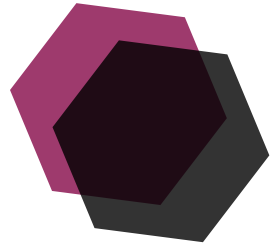
Love, crystals & Leonard Cohen,

ALX

SCRIPT! SCRIPT! SCRIPT!

Designed to ::

Announce your intentions to
leave a position—gracefully.



Subject: A happy announcement—and a brand-new chapter.

Hey there <name of your boss / supervisor / commanding officer>,

This note may come as a surprise—but not, I hope, an unpleasant one.

Over the past couple of months, I've been <working with a career coach / exploring emerging goals / refining my vocational dreams / ramping up my side-business>, and I've discovered a deep passion for <describe your new entrepreneurial identity, vision or mission>. I see my future unfolding, and my legacy taking shape. It's pretty thrilling, to put it mildly.

After a great deal of deliberation (and meditation), I've decided that it's time for me to leave my position at <company>, and step into a brand-new chapter.

In an ideal world, I'd love for my final day to be <date>, giving us <number of days / weeks / months> to plot out a smooth transition, and train in my replacement.

Let me know what comes next, in this process. I'd be happy to craft a formal letter of resignation, set up a meeting with HR, or sit down with you to brainstorm an elegant exit strategy that supports our department, and fills any 'knowledge gaps'. I'd like this shift to feel inspiring & untangled—for everyone involved.

Last but not least: for the time being, I'd like to keep my decision private. We can discuss when it makes sense to make a formal announcement to the crew.

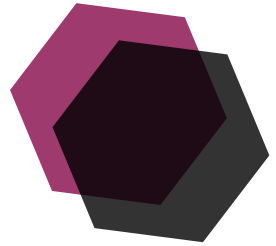
With great excitement—
—and deep respect,

<your signature>



SCRIPT! SCRIPT! SCRIPT!

Designed to ::
Change your mind about
accepting a responsibility—respectfully.



Subject: Shifting plans. And a few ideas, for you...

Hello <name of person you're about to let down, gently>,

To begin: I was—and still am—honored that you asked me to <speak at your retreat / lead a teleseminar for your peeps / co-edit your manuscript / contribute a series of articles for your 'zine / puppy-sit your prize-winning Shih Tzu while you're in Costa Rica>.

I make every effort to say “YES!” with rock-steady certainty. But to my acute embarrassment, I said “yes” a little too quickly, to you.

After checking in with my <heart / calendar / goals for the year / business partner / all of the above>, I've realized that I need to change my “yes” to a “no, thank you”—and back out, respectfully.

Scrambling to fill spoken-for slots is no fun—believe me, I've been there—so I wanted to extend a few recommendations to help shuttle things along.

Here are five of my favorite <teachers / editors / writers / puppy-sitters>—any one of whom would be able to fill my shoes, with aplomb. I'd be happy to introduce you via email, if anybody strikes your fancy.

<list of folks you recommend>

I hope I haven't completely rained on your parade, today. Perhaps just a light mist? Let me know if there's anything else I can do to help. Just holler.

With gratitude,

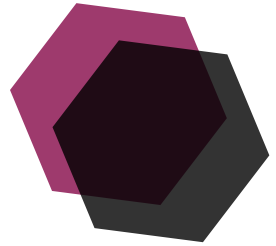
<your signature>



SCRIPT! SCRIPT! SCRIPT!

Designed to ::

End a complicated relationship—
compassionately.



Heart-check :: I'd advise *against* using this script in an email. An in-person delivery would be ideal. Or barring that, a phone call. You might want to practice this script a few times with a (platonic) friend, in the mirror, or with someone who loves you—without conditions. It's a tricky one. You can do it. Deep breath. Big send-off.

Hey. Thanks for holding a space for me, today.

There's no charming way to say what I need to say, so I'm just going to roll right into it:

<Lately, I haven't been feeling attracted to you, in the way that I'd like to feel attracted towards my partner.>

<and / or>

<We both know that our relationship has been barely chugging along, and we've both tried our hardest to salvage the pieces.>

<and / or>

<I want to be happy—as often as possible. I want the same for you. And I think you'll agree, our relationship hasn't been a source of joy for either of us, for quite some time. And personally, I'm ready for a major change.>

I'm ready for this relationship to reach an end, and I'm hoping we can part ways in a way that feels mutually respectful and supported.

I'm going to head out for a few hours, and when I get back, if you're ready, I'd be open to unpacking anything that you're feeling.

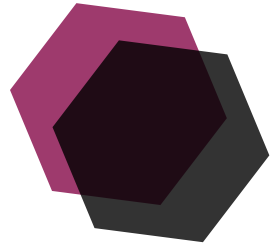
Or if you need some extended solo-time before we talk again, that's totally fine. I trust you to tell me what you need.

Bye for now, okay?



SCRIPT! SCRIPT! SCRIPT!

Designed to ::
Fire a contractor or freelancer
—wisely.



Subject: Wrapping up our work . . .

Hey <name of person you're about to graciously fire>,

You're a fabulous human with many gifts, and you've given me many insights into <life / business / organizational systems / project management / graphic design / administrative excellence> that I wouldn't have stumbled across on my own. I'm truly grateful to have met you.

With that said, I'd like to wrap up our working relationship for the time being. We can complete our current projects, and 'officially' bring things to a close on <date>.

I believe that frank feedback helps us grow—even when it's uncomfortable to hear.

There were a few aspects of our working relationship that I found challenging, and if you're open to it, I'd love to give you my feedback—as a client & friend. If you'd like to share any thoughts about working with me, I'd be more than open to hearing them, too. We're both grown-ups—and mighty fine ones, at that.

As you move forward into new projects & collaborations, I want you to know that I'm happy to act as reference for you, and I hope you'll consider me a fan & supporter.

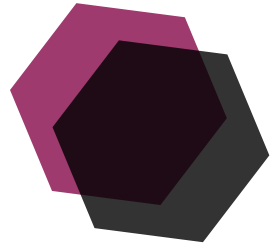
With thanks,

<your signature>



SCRIPT! SCRIPT! SCRIPT!

Designed to ::
Craft a personal Freedom Manifesto
—print it, frame it & love it.



MY FREEDOM MANIFESTO

Today is the day I set myself FREE.

First, I'm going to free my **mind**. Red pill, not blue.

I'm letting go of the prohibitive belief that I can't _____ or shouldn't _____ or don't have enough money to _____.

Those tedious thought-spirals are officially released of their duties.

Next, I'm going to free my **body**. Rich, raw & radiant.

The next time I face off in the mirror, the most indescribable combination of awe, satisfaction & gratitude will flood my veins, like an oxygenated elixir.

I'll choose some *new* words to describe my body. Words like _____, _____ & _____. Words that act like little blessings. Words that remind me who I (really) am.

And then, I'm going to free my **heart**. I'm so heroically ready.

To everyone who has ever hurt me: I forgive you.

To every choice that backfired & cracked: I _____ you.

To every fear—the subtle ones, the scathing ones, and the secret ones—I respect that you're trying to protect me. But really—I can take care of myself.

You're welcome to go. Farewell, & _____.

So it is.
So it shall be.
So I am free.





HOWDY! (I MADE THIS!)

ABOUT :: ALEXANDRA FRANZEN

**I'm a Promotional Wordsmith, Personal Scribe & Digital Poet—
and your Secret Business-Building Weapon.**

As a copywriter-on-acid, I help righteous entrepreneurs break their own sound barriers, with whoa-nelly webcopy, sales page sorcery, and spooky-perfect ghostwriting. I've been lauded as "Spock, but with a sense of humor. And better hair," and was once pronounced "a unicorn, in human disguise."

Recent (and really fucking cool) clients include fire-starter **Danielle LaPorte**, marketing megastar **Marie Forleo**, international playgirl **Gala Darling**, master intuitive **Hiro Boga**, & a vibrant bouquet of branding and marketing agencies, including **Red Slice** and **d.trio**.

When I'm not throwing neon-green lightning bolts during 1-on-1 **VELOCITY** sessions, you can find me **Twittering away**, sippin' on cranberry kombucha and **blogging up a storm**.

I love heart-shaped crystals, almond-poppysseed muffins, anything chartreuse, & obscure Finnish power-metal. Also Prokofiev. And Gaga. And ABBA.

Let's make art together.

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