

PERSONAL WORK 101

Questions to help you let go of what's holding you back



What am I feeling and thinking right now?



Why am I actually upset about it?



What hold does it have on me?



Who do I love in my life that is being hurt by it?



How might this continue to hurt me if I choose to hold onto it?



What could happen if I were brave enough to let it go?



What other thought, feeling, or opportunity could take its place?



How can I honor this thought and then truly release it?

However you choose to release what's got its hold on you, you'll be free to move forward into what you're really meant for. And the more space you'll have in mind, body, and soul to create the special magic that only you can.

Any choking weed you're scared to pull is blocking something infinitely more beautiful from blooming within you.