
BUSTING YOUR BELIEFS

There's not a ton of things in life you have to do outside of eating, sleeping, and drinking water. But for some reason we like to tell ourselves that there are.

- I have to go to this family reunion or my mother in law will be upset with me
- I need to take my kids to their practice or I'm a bad parent
- I should stay late to work on this project because that's what a good employee would do
- I have to lose some weight
- I have to.... (Insert your own right here)

Thinking like this creates feelings of resistance. When you feel like you're being pushed to do something it's natural to push back a little. This can lead to resentment, procrastination, excuses, and negative self-talk.

When you say you have to do something what you're really saying is that if you had it your way you'd be doing something else. But because I don't have a choice I am powerless.

This exercise is all about reframing your beliefs. List a couple of things you feel you have to, should be, or need to do and instead change the language to, "I choose to."

Example: I *choose* to get up early and take my kids to school.

1. _____

2. _____

3. _____



4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

Note: How does it feel to know that you have a choice?

