

The Practice

Become Difficult to Predict

For one week, I want you to become gloriously inconvenient to your conditioning. Every time your old programming tells you what to do, I want you to disappoint it.

- ♥ If it says, stay quiet - speak up.
- ♥ If it says, say yes - pause.
- ♥ If it says, don't shine - shine.
- ♥ If it says, apologise - ask yourself for evidence that you've done something to apologise for.
- ♥ If it says, keep everyone comfortable - remember that your comfort counts too.

Opportunities to inconvenience your conditioning are everywhere: they're hidden in conversations, emails, phone calls, work meetings, supermarkets, relationships. All day, every day, your conditioning hands you opportunities to obey it. This week, become beautifully unreliable. Let your old programming wake up each morning with absolute confidence that you'll do what you've always done **and then disappoint it - again, and again.**

By the end of the week, your past will no longer be able to accurately predict your future.

At the end of the week, write down the ways you were 'inconvenient' to your conditioning: