

The Exercise

Build or Break?

For the next seven days, before every significant decision, ask one question: **will this build my life or slowly break it down?**

Don't overthink it. Trust your first answer.

- ♥ When someone asks for your time will saying yes build your life or break it?
- ♥ When you're about to say yes because you feel guilty will it build your life or break it?
- ♥ When you're deciding how to spend your evening will it build your life or break it?
- ♥ When you're choosing who to spend time with will they build your life or break it?
- ♥ When you're about to ignore your exhaustion will that build your life or break it?
- ♥ When you're about to stay in your comfort zone will that build your life or break it?

You don't need to change everything this week; just be honest. Once you begin asking these questions, you'll notice that the decisions that dismantle your life don't happen all at once. They happen one compromise at a time, one obligation at a time, one ignored instinct at a time, one 'it's fine' at a time.

In the same way, the life you truly want isn't built in one dramatic moment. It's built one choice, one decision, at a time.

- ♥ Every choice is a brick.

- ♥ Every conversation is a brick.
- ♥ Every boundary is a brick.
- ♥ Every habit is a brick.
- ♥ Every ordinary Tuesday is a brick.

The question is no longer, what kind of life do I want? The question is, **what am I building today?** Or an even more grounding question, **am I building or breaking my life with this choice or decision?**

What kind of life do you want tomorrow? Build it today with your choices and decisions.

This week, where did you build yourself and your life?

Where Did You – Or Did You Nearly – Break Yourself And Your Life?