

The Practice

Live Like It's Already True

For the next seven days, stop asking yourself, **what should I do?** Instead, ask this one question every morning: **if I truly trusted myself, how would I live today?** Then spend the day acting on the answer *intentionally*.

- ♥ If trusting yourself means resting, rest.
- ♥ If it means having the conversation, have it.
- ♥ If it means saying no, say no.
- ♥ If it means asking for help, ask.
- ♥ If it means beginning, begin.
- ♥ If it means walking away, walk away.
- ♥ If it means staying, stay.

At the end of each day, ask yourself these three questions:

- ♥ Where did I trust myself today?
- ♥ Where did I abandon myself today?
- ♥ What will I do differently tomorrow?

Don't judge your answers, use them as information. Every day is another opportunity to practice becoming the person you've chosen to be.

By the end of the week, you'll notice that you didn't need life to become more certain. You became more certain of yourself. That's emotional freedom. Not waiting for the world to change before you can live in it but living as the person you've become - whatever the world decides to do.

Carry that into next week. Then the week after that. Because this isn't a seven-day practice. It's the beginning of the rest of your life.

What evidence have you collected this week that you can trust yourself:

Did you abandon yourself this week? If so, why and how?

What will you do differently going forward?