

The Practice

Ask Yourself First

For the next few days, become aware of how often you look outside yourself before you look within. How often do you ask someone else:

- ♥ What do you think?
- ♥ What would you do?
- ♥ Do you think this is right?
- ♥ Am I overreacting?
- ♥ Should I?

There's nothing wrong with seeking advice. The problem is seeking advice before you've consulted yourself.

This week, change the order. Every time you're faced with a decision, pause for sixty seconds before asking anyone else. During that minute, ask yourself:

- ♥ What do I already know?
- ♥ What feels true for me?
- ♥ If nobody else's opinion existed, what would I choose?

Make a mental note of your answer. Only then, if you genuinely need more information, ask someone else.

Most of the time, you'll discover you weren't looking for wisdom. You were looking for permission. There's a difference. Wisdom expands your thinking. Permission replaces it. Your goal this week is not to stop listening to other people. It's to stop placing everyone else's voice ahead of your own.

Self-trust doesn't grow when your voice is the only voice. **It grows when your voice becomes the first one you listen to.**

Write down your experiences with this week's Practice: