

The Practice

Consult Yourself

Before you automatically respond to anyone else's needs, requests, expectations or emotions this week, ask yourself one question: **what do I need in this moment?**

- ♥ Not what should I do.
- ♥ Not what will keep the peace.
- ♥ Not what will make them happy.

Simply, **what do I need in this moment?**

You don't have to act on the answer every time, just don't skip over it.

If:

- ♥ Someone asks for your time.
- ♥ Wants an answer immediately.
- ♥ If someone is disappointed.
- ♥ If you're about to apologise.
- ♥ If you're about to say yes.

Ask yourself first: what do I need in this moment?

For years, you've probably consulted everyone except the one person who had to live with the consequences. This week, change the order.

Become the first person you consult, not the last. You'll discover that your needs aren't nearly as unreasonable as you feared.

That's what staying on your own side really looks like - not winning or controlling, not always getting your own way, just refusing to make another decision that forgets you were even in the room.

By the end of the week, ask yourself one final question: **how many outcomes have changed simply because I remembered to include myself?**