

Lesson 2: Feeling Your Feelings, the key to Stopping Self Sabotage + the Emotional Roller Coaster

*The key to getting off the daily emotional roller coaster, erasing self-sabotage and actually consistently following through with the goals and intentions you set for yourself, is to... **LEARN TO STAY IN YOUR BODY, STOP NUMBING, AND TO FEEL YOUR FEELINGS.***

Your feelings are not bad, they don't make you weak, overly emotional or crazy. Your feelings ARE POWERFUL. They're your exact, a completely individualized roadmap to everything that your body and soul need, crave and desire so that you can show up as your most authentic self.

You can trust what you're feeling.

Yes, even the "negative" feelings. Just like the "positive" ones they're messengers - letting you know what is and isn't in alignment with your highest self.

Signs you May Be Numbing Your Feelings

- You're constantly 'doing', making more to-do lists in your mind and finding ways to stay busy
- You spend hours scrolling social media
- Most days just feel just OK, not happy, not sad, just meh
- You easily fly off the handle or break into tears at seemingly small events
- You're uncomfortable when other people have strong emotions, especially 'negative' ones.
- You feel like you're on autopilot.

When I think about stepping into the highest, healthiest, happiest, most vibrant version of myself, when I think about being that way and having that life, what thought tells me I can't? What resistance do I have around that? Why can't I have everything I'm envisioning?

When I stop numbing and allow myself to FEEL my feelings, what's coming up for me? What emotions are present? What are they trying to tell me? What can I learn from them? What do I need to know?

How can I honor these emotions today? How can I listen to my needs and meet them? E.g. give my body rest, call a friend, eat something nourishing, ask for support, play, journal, meditate etc.

Part 2: Supporting Your Mind Body and Soul with Non-Negotiables

It's not ONCE you improve your habits that you feel better.

As you allow yourself to feel your feelings, the habits that support you become easy, natural and a no brainer! As you start to feel your feelings, you clear energetic, emotional and actual time-space to bring in the habits that are going to allow you to truly thrive.

1.Release your 'shoulds'

What habits do I routinely tell myself that I 'should' or 'need' to do more of? E.g workout, eat better, sleep more, cut out carbs, meditate daily etc

For each habit, you've listed, why should you do it?

"Should" is one of the most dangerous words in our language. Every time we use the word should, we're essentially telling ourselves that we're wrong for not doing or we will be wrong.

Reread list with "If I really wanted to, I could_____". Why haven't you? (hint - you may find for many of them you really don't want to. And that's OK!)

Shed the shoulds and focus on what excites you, what feels good. What can you remove from your list of 'shoulds'?

2. Identify your non-negotiables

Non-negotiables are the activities that you practice on a daily/weekly basis,

NO MATTER WHAT.

They're the activities that have the greatest impact on your physical and mental wellbeing, so they come first.

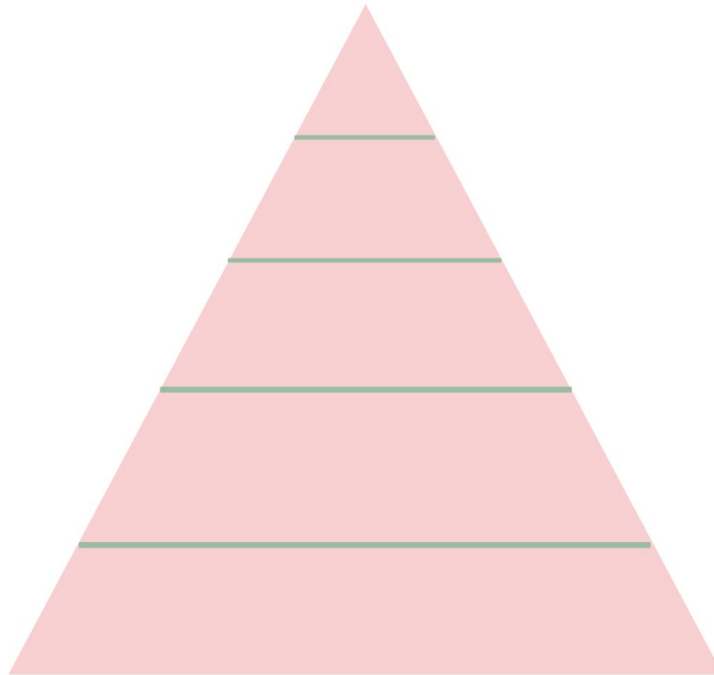
They're the habits that excite you and you know allow you to show up as your healthiest, happiest, highest self.

Even among your non-negotiables, some will be more foundational and impactful than others.

EXAMPLE



Fill in your non-negotiable pyramid



3. When you do (not if) experience fear, resistance, or that familiar urge to self-sabotage coming up, sit with those feelings, process through them and then get back to the habit you committed to.