

Lesson 3: Moving Out of Burnout + Constantly Questioning Who TF You Are and If What You're Doing is Right

You are a deeply intuitive and wise human being.

Deep inside you know and have access to every single answer you could need as to what is right and wrong for you.

We're all born deeply intuitive. For most of though as we age that gets squashed down. Our minds become filled with society's and our family's expectations of what 'productive' 'happy', 'healthy' or 'successful' looks like.

We shut down and start to ignore our inner wisdom. Instead we defer to how tv, magazines, social media, and our friends define what we SHOULD and shouldn't do in every area of our lives - how we move and nourish our bodies, how much space we take up, how much or little we work, how much we share or don't of our authentic selves, how many of our dreams we pursue or don't, what we speak up about and where we remain quiet.

After years of that we're confused as to why we're stressed at everything, why we're anxious, why we feel like we're doing everything 'right' but something feels off.

You don't need to get someone else's opinion, you don't a guide, a boss, or a friend to outline your path for you - it's time to stop living in a world of everyone else s expectations, needs, and limitations and to start REALLY listening to and honoring your own truth and wisdom.



SHOULD BRAIN DUMP

WHAT ARE MY 'SHOULD'S'? What should I be doing with my time? My body? My work? My family? My mood? What should I be doing that I'm not? Who should I be talking to or helping? Whose approval should I be seeking? What standard of productivity, success, beauty, love, or growth should I be striving for?



What does a "HELL YES" or a "HELL NO" feel like in my body? Think of a time when you KNEW with every fiber of your being that something was right or wrong for you - what did that feel like? What sensations were present?

When my body responds with a RESOUNDING yes or no, what do I hear? What do I see? What do I feel emotionally or physically in your body? What do I just know?

Your job is now to practice choosing. Give yourself the opportunity to CHOOSE what you eat, who you speak to you, what you read, how you talk to yourself, how you spend your time - sharpening your ability to feel that HELL YES or HELL NO every single day.

Know that you can trust your feelings as your guide. You'll know what is the right choice for you, based on how you feel.

