STOP

stopping yourself:
your noticing list!

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As an experiment, each day begin to pay attention to all the ways you stop yourself from having permission to live the life you dream of having -- or the ways you stop yourself from being who you are in any given moment. Try to release any judgment of self in this process. We are simply wanting to notice where this happens so we can begin to stop stopping ourselves. When you notice it happening, jot it down on the blank lines above as a way to get and stay conscious. Do you have an impulse to do something fun, but talk yourself out of it? Jot it down! Do you feel a certain way, but put on a mask and pretend to feel otherwise for some reason? Jot it down! Did you come up with a great idea for a product or book, but tell yourself it's too big a dream? Jot it down!