



REFUTURE YOUR LIFE
INTERNATIONAL



Negativity Navigator

Beating yourself up with “WHY?” questions? Why is this happening? Why can't I do this right? Or just feeling stuck and unable to take your next step?

Put your hands on your heart center and breathe. Several times.

Now, answer these questions. If you don't know the answer, just make something up. Really.

What's going on? _____

Where am I trying to look good or do something perfectly? _____

What am I afraid will happen? _____

What am I afraid *won't* happen? _____

What am I avoiding seeing, knowing or feeling? _____

When I tune into my body, what do I notice? _____

This is GREAT stuff for our next group Crap-Clearing call! Bring it all with you so it can be released, you can get clarity and shift into taking more action!

Now, what's one thing you're willing to do imperfectly simply to get it done, knowing that you can always go back and change it later? Do it and then celebrate.

