

CREATING CLARITY

REFLECTION

The first step is simply remembering that we always have the power to choose our actions. We can choose **what** we do, **when** we do it, and **how** we do it.

When we get sucked into the details of our lives, in all of the requests, the text messages, and the unspoken expectations. we forget that we really don't HAVE TO do anything.

CONSIDER THE QUESTIONS BELOW.

1. Look at the first 3 tasks on your task list. What feeling comes up when you consider these tasks? Notice if you are thinking either "I have to..." or "I should..." in relation to these tasks.

2. Rewrite the first 3 tasks on your task list, in the following format. What feeling comes up after re-writing the task with "I want to..."?

I want to do (task) because I want (details about the experience of the task, or the result of doing it, or both).

3. As you move through your day, notice which situations trigger "I have to..." thoughts and what happens when you reframe to "I want to..." or "I choose to...". What feelings come up when you reframe the thought?