

I UNBURDEN MYSELF

I unburden myself.

I take a load off my body and mind. I release anything that comes between me and my happiness. I lighten up.

I let go of resentments. I forgive those who disappoint me. I offer compassion instead of making judgments or casting blame.

I break free from old patterns. When I see that my usual behavior is causing me trouble, I look for alternative approaches to conflicts and challenges. I try out new habits that better serve my needs.

I challenge my self-limiting beliefs. I face my fears. As I tackle issues head on, my anxieties fade away. I reveal my secrets. Being transparent gives me greater freedom and peace. I want others to know the real me.

I live in the present moment. I enjoy what I am doing now instead of worrying about the future or regretting the past.

I ask for help. By building a sturdy support network, I avoid feeling overwhelmed. I have colleagues and loved ones I can turn to

when I need encouragement and advice.

I focus on one task at a time. I engage fully with eating my breakfast or listening to a client rather than shifting my attention back and forth. I become more relaxed and productive.

I shorten my to-do list. I delete tasks and social obligations that distract me from my purpose. I spend more time doing the things I really want to do.

Today, I unchain myself. I believe in my own worth and abilities. I find joy in overcoming self-imposed obstacles.

Self-Reflection Questions:

1. How can I tell if a barrier is self-imposed?
2. How does making excuses weigh me down?
3. What is one belief I have that is holding me back?