

REFLECTION : MIND

That glorious brain of yours is a wonder. And she may be exactly the source of friction that's making your life harder than it needs to be.

- How does it feel when you read, “I want you to lose your mind”?
- How has relying on your mind been beneficial?
- How has relying on your mind been limiting?
- When has the fear of seeming “crazy” kept you from trusting what you knew?
- What would it feel like to reassign the priority of your mind?

