PRACTICE: CARVE A NEW GROOVE

Every new choice carves the new groove a little deeper.

One small, loving choice I made for myself this week:

_____

_____

What it felt like in my body to take that in:

_____

_____

_____

Three small, loving choices I'll try this week to deepen the groove:

1._____

2._____

3._____

YOUR PRACTICE THIS WEEK– TENDING THE FIRE

Before one choice each day, pause and ask both questions. Notice what shifts. This is not about perfection, just awareness.

One place I'll say what I really want:

_____

_____

At the end of the week: What changed?

_____

_____

_____

What Are You Asking?
The Questions That Change Us

WEEK TWO
Whose Life Is This?



Sometimes the way forward begins
not with the right answer,
but with a better question.

If you'd like to read along:
Read Chapters 6 and 11
The Right Questions
by Debbie Ford

QUESTIONS FOR WEEK ONE

Am I standing in my power, or am I trying to please another?

Is this an act of self-love, or is it an act of self-sabotage?

KEY IDEAS

• Standing in our power means honoring our own voice, not controlling others.

• Pleasing others is a habit we learned young, often powered by a first commitment to be nice, take care of others, and never be selfish.

•Standing in our power doesn't mean we stop caring. It means we stop abandoning ourselves in the name of caring about others.

• Self-love grows through small choices that affirm our worth, including our imperfections.

• Old patterns are well-worn grooves, not permanent limits. Each conscious choice can carve a new path.

Debbie Ford

"Owning our power means honoring the fact that each of us was put on this earth with everything we need to live a life full of purpose and meaning."

REFLECTION: NOTICE THE PATTERN

Choose one situation where you said "I don't care, whatever you want," and you did care. Describe it honestly, without judging yourself.

_____

_____

Am I standing in my power here, or trying to please another? What am I afraid would happen if I said what I really want?

_____

_____

_____

Could a first commitment be underneath it: be nice, take care of others, don't be selfish? How is it showing up here?

_____

_____

Where do I feel it in my body, that pit in the stomach, when I say yes and mean no?

_____

_____

Is my choice here an act of self-love or self-sabotage? Is there a "should" or a comparison hiding in the story?

_____

_____