PRACTICE: PUT DOWN THE SHOVEL

Awareness shows us that we have a shovel in our hands, and it's full of dirt. Worth reminds us that our inner fire deserves to be fed, not extinguished. Choice reminds us that we have options. And now comes the practice:We can put down the shovel.

Something I caught myself replaying this week:

_____

_____

What I did when I noticed:

_____

_____

One thing that fed my inner fire this week:

_____

_____

A time I used what happened as a catalyst to grow:

_____

_____

YOUR PRACTICE THIS WEEK

When you catch yourself replaying the past, pause and ask: Will this choice add to my life force, or will it rob me of my energy? Then ask: What will I do with this? Put down the shovel, and take one conscious step.

At the end of the week: What did I do with what came my way?

_____

_____

What Are You Asking?
The Questions That Change Us

WEEK FOUR
What Will You Do With This?



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

If you'd like to read along:
Chapters 8 and 9
The Right Questions
by Debbie Ford

QUESTIONS FOR WEEK FOUR

Will this choice add to my life force, or will it rob me of my energy?

Will I use this situation as a catalyst to grow and evolve, or will I use it to beat myself up?

KEY IDEAS

• Knowing isn't the same as doing. We can be aware of our patterns, know our worth, and understand that we have the power to choose. But spiritual understanding becomes spiritual practice only when we act on what we know.

• Our life force follows our attention. Replaying old hurts throws dirt on our inner fire. There's a difference between remembering something and continually reliving it.

• We can't always choose our circumstances, but we can choose how we respond. Sometimes the greatest limitation isn't what happened to us. It's what we've come to believe is possible because of it.

• Freedom isn't about controlling everything that happens. It's discovering that we don't have to be controlled by everything that happens.

“All you need to do to radically change your life, is to make the choice to see your triumphs and your tragedies as invitations to grow and evolve”
Debbie Ford, The Right Questions

REFLECTION: WHERE IS MY ENERGY GOING?

Think of a conversation or situation you keep replaying. Describe it honestly, without judging yourself.

_____

_____

1. **Will replaying this add to my life force, or will it rob me of my energy? What does my body tell me?**

_____

_____

2. **What story am I telling myself about what this means, about me or about life? Is it a story I want to keep?**

_____

_____

3. **Will I use this situation as a catalyst to grow and evolve, or will I use it to beat myself up? What might it be trying to teach me?**

_____

_____

4. **What is my next conscious step? Speak up, set a boundary, ask for help, forgive, or simply put down the shovel and rest?**

_____

_____