

Trust the process

1. What is the area of your life where you feel currently insecure, where the fear or doubts are creating some discomfort, anxiety or feeling stuck?
2. What thoughts, emotions, sensations are alive when you think about it now?
Where in your body do you feel it?
3. Stay with it. Look at yourself with love & compassion. Notice, without judgment, what is showing up. Become a researcher of your shadows, the benefits you get from them, their needs & your deep desires from the space of self-authority, self-acceptance and self-compassion.
Ask yourself:
What would I stop asking for permission to do if I truly trusted the process?
If it is a one-way door (no going back), what action am I committed to take?
4. Journal about your insights and actions you want to commit to.
Connect your being with your aligned doing!
5. Hold yourself accountable or ask someone to support you in the process.