

Follow Your Full-Body Yesses Without Hesitation

Complimentary Workbook

Write down one action that you are so thrilled and ready to take but you encounter resistance:

Which emotion(s) do you feel when you think of this one action?

Which thoughts come to mind when you think of taking this particular action? What meanings are you giving this action?

Do this for each meaning

Can you really *see* in the action you want to take the meaning you are giving this event? Is it inherently in the event?

As a conscious creator, what new meaning would you instead love to give this event that makes you feel excited about taking the action you want to take?

**Imagine yourself taking the action you want to take with this new meaning you are giving it.
How do you feel?**

Use this tool as many times as you need.