



18 Days to Live Your Truth

by Elizabeth Potts Weinstein

Extra: Before LYT – Get Unstuck Before You Start
Exercise: Writing Prompts

Today's exercise is to respond to the following prompts.

Feel free to write longhand, type, mind map, art journal ... whatever method is the path of least resistance for you in this moment. Also feel free to share your responses or reactions to this exercise in the online forum.

What are you afraid might happen if you Live Your Truth?

If that happened, what else could happen?

If that happened, would it mean?

If that happened, what would it say about you?

If that happened, how would you feel?

What's the best thing that could happen if you Live Your Truth?

If that happened, what else could happen?

If that happened, what would it mean?

If that happened, what would it say about you?

If that happened, how would you feel?