



18 Days to Live Your Truth

by Elizabeth Potts Weinstein

Extra: Before LYT – Get Unstuck Before You Start
Experiment: Awareness

Today's experiment is to play with your awareness of you.

As you go through your day, keep the following questions in mind:

Why am I doing this?

What do I wish I could say to this person?

What do I wish I could choose?

How do I feel in my gut/intuition right now?

You may want to print & carry the questions with you, type them into your phone or computer, or give yourself a reminder (rubber band on your wrist, popup on your email) to keep you aware throughout the day.