

PAUSE BREAK!

When action isn't crystal clear, when "negative" feelings are present, when you sense default behaviors showing up:

1. STOP
2. Write a brief description of the situation (i.e. I planned to do ..., yet I am watching TV and feeling lazy.)
3. Invite all of your inner voices to speak honestly to what is going on inside:

WHEN THIS VOICE SPEAKS, THE MESSAGES ARE:	CONSTRUCTIVE	DESTRUCTIVE
Intellect – facts		
Emotion - joy/sorrow		
Will - effort/results		
Ego - pride/shame		
Soul - generous, considers ALL, hopeful, creative		

4. Now, assign a name to each message above. Whose voice said this?
 - Your saboteur?
 - Your inner dictator?
 - Your responsible adult?
 - Your inner parent?
 - Your delightful inner child?
 - Your inner spirit, soul, connection to the universe?
5. Select a message to listen to and shift course if needed!