

Guiding your mind to a higher degree is not always easy to do
But if you try to, the POWER's inside you
If you can command it then nothing can stand in Your way.

The Force Within

Struggling With Change?
rhonda ross

TODAY'S DATE: _____

List one thought that you have that feels painful when you think it. It can be any thought - based in fact or not. It's probably a scary thought or a sad thought or a self-shaming thought. It is probably a thought that is on "loop" in your head. Isolate it...write it down.

Envision this thought as a wild horse running and bucking and pitching a fit. Envision a rope connecting you to this horse and you are holding on to that rope for dear life. You are being pulled by that rope and dragged around by that rope, bruised and cut by that rope, but you don't let it go. Why not? Because it's YOUR rope and you feel connected to it. Because it's YOUR horse and you feel ownership of it. Because it's YOUR thought and you've always thought it.

Now, (to use Byron Katie's words) write who you would be WITHOUT that thought. How would you feel if you simply... let go of the rope?

I would be (feel) _____

Then, let it go.

Celebrate Each Step!