

A Rule That No Longer Fits

Look at an old belief about yourself and ask whether it still fits your life.

WHEN TO USE THIS

Use this when you notice you are living by something you learned long ago.

An old belief is not stupid. It usually made sense where it started. The question is whether it still fits now.

What did you learn early about yourself that you still carry?

It may have kept you safe once.

How old were you when you learned it? What was going on then?

Where does it still cost you now?

What is truer about who you are today?

You are allowed to keep the parts that helped and set down the rest.