

Making It About You

Check whether something really was about you before you carry it all day.

WHEN TO USE THIS

Use this when someone's tone or silence has stuck to you and will not come off.

What happened, and how did you read it?

Their tone, a one-word reply, someone canceling on you.

Three other things that could explain it, with nothing to do with you.

1.

2.

3.

What would you have to see to know it really was about you?

If it was about you, what would you do? Is it worth today?

Most of what people carry around has your name nowhere on it.