

What to Keep, What to Leave

Decide what to carry forward from how you were raised, and what to set down.

WHEN TO USE THIS

Use this when you notice yourself repeating something from your family that you never chose.

Think about what you grew up with: rules, sayings, ways of handling things.

WORTH KEEPING

NOT CARRYING THIS ON

Pick one from the right side. What would you like to do instead?

What makes that hard to change?

Keeping some of it is not a betrayal, and leaving some of it is not one either.

You get to choose what comes with you. That choice is allowed to take time.