

Want to know what's standing in the way of your peaceful life?

"We cannot heal what we cannot see"

In order to heal we need to shine a light on what is happening within us. This is where the tool of inner-inquiry supports us. When we slow down and become aware of what is happening (our behaviors, fears, and habits) in our busy world, we create the opportunity to grow.

Looking back on my life, I realized there are **5 major blocks** that kept me feeling stuck and unhappy. For me unhappiness meant stress, anxiety, depression, loneliness and victimhood.

1. People Pleasing (safety):

Trying to fit in, earn love, and stay safe through the acceptance of others.

2. Indecisiveness (perfectionism):

Inability to move forward because of the fear of mistakes (pain).

3. Worrying (control):

Believing that it is your responsibility to control and perfect your life and your loved one's life.

4. Lack of Boundaries (HSP + empath issues):

Inability to know where you end and others begin. Literally living and being responsible for other people's lives (energetically + emotionally).

5. Negative (TOXIC) Self-Talk (disconnection):

Constantly putting yourself down and beating yourself up - basically self-abuse.

Step 1: Create Space

Please find a quiet and private space and take the time to get familiar with the list above. Then answer the questions below.

Step 2: Shine the Light

Place each number in order of biggest to smallest impact on your sense of peace. Next, choosing one, get curious around the who, what, where, when.

Who do you do this with?

What do you do/feel/be exactly?

Where does it happen?

When does it happen?

Why does it happen? (Out of habit, fear, past trauma, not sure?)
Using your intuition, journal around your deepest "WHY" - there is usually a logical reason that will arise, and then there is a deeper more unformed reason. Let it out. Let it be.

Step 3: Nurture Yourself

What are 3 ways you can offer yourself compassion and love around this? (Ideas include: learning more about the behavior, spending time alone, resting, going on trips, listening to your intuitive hits, writing affirmations, saying "no" more.)