



Feeling Subtleties

This activity will start you on your way to becoming more sensitive to the difference between 'want' and 'should' – the first subtlety we will explore.

The..... Day

This activity is called 'The.....Day' because you can fill your name in the blank, and the first step is to find a day that you can keep blank, or completely open.

Take a whole day and leave it free, with no plans or obligations at all.

On this day, no-one is to need you or demand anything of you (not even your dog), nor can you demand anything of yourself.

Setting aside an entire day to do this may seem like a huge request. I know it is if you have kids. If doing this is impossible for you, you can experience a similar effect by giving yourself just a few hours of completely blank time.

Starting right at the beginning of the period you've set aside, I want you to constantly ask yourself, "What do I want?"

If the answer is that you want pancakes for breakfast, have them. If you want to dance around the house to loud music, terrific. If you want to play golf or curl up with a good book, do it.

Whatever it is, as long as it won't hurt you or someone else, indulge! Remember, we are all about ecology!

As you physically give yourself to whatever you've told yourself you wanted, I'd like you to notice what you feel. (My clients often report feeling the joyful kind of wanting in their heart, their solar plexus area, or their stomach, or a tingling in their fingers or all over their body).

There is no right answer, so just get to know your sensations for yourself.

You probably know what 'should' feels like.

You're anxious, bothered, perhaps confused?

Some people feel it in their head, or in their solar plexus, or in the chest and neck. It doesn't matter where it registers, as long as you are now aware of the different physical sensations of 'should' and 'want'.

Use your 'LYBL' Blueprint Journal to record your observations on your... day

As you increase your awareness through this exercise, you won't have to think so hard about it, you'll just make quicker decisions because you are sensitive to how 'want' and 'should' feel.





