

THE BIG SHIFT

Fear & Distortion	Love & Truth
Powerless, Stressed, Unconscious, Disconnected, Stuck	Powerful, Conscious, Awake, Present, Connected, Free
Judgment	Curiosity (Healthy Critique)
React	Respond
Struggle, Drama and Urgency	Ease, Grace and Healthy Effort
Duty and Obligation (I have to)	Choice & Preference (I choose to)
Blame, Punish, Self-pity and Martyr	Ownership and Responsibility
Scarcity and Limitations	Abundance and Possibilities
Proving and Earning your value	Knowing your value
Distortion	Truth
Control / Manipulation	Honest / Vulnerable
Unsatisfied / Complaining	Grateful / Content
Better than / Less than	Better at
Competing and Comparing	Strengths and Weaknesses

SKILL BUILDING

1. Recognize the signs when you are stressed and disconnected.
2. PAUSE, take a deep breath and relax your shoulders. Create space to see and feel clearly.
3. Using the skilled voice of your Nurturing Parent, ask yourself, "What is happening in my inner world of thoughts and feelings and my physical world of circumstances?" Be curious, not critical.
4. Name your habits of fear and distortion. Listen to your inner dialogue. There are valuable insights in your stories.
5. Recognize and celebrate the areas of your life where you already live from the love & truth paradigm.

SUMMARY

Develop a daily practice of self awareness. Using the chart above, ask yourself if you are operating from a place of Love or Fear. In times of fear and stress, start by taking a slow nasal breath to slow down and settle yourself. This pause allows you to make room for healthy evaluation and perspective shift! This is the beginning of Inner Fitness. Use this same pause method to recognize when you are living from the paradigm of love and wisdom as well. Acknowledge and celebrate the occasion. You are likely doing better than you think you are. Welcome to the Inner Fitness workout.

This is a practice, not a destination.