

# FROM ENTITLEMENT TO APPRECIATION

Think about an area in your life where things aren't working out the way they "should." What do you feel entitled to? How do you think it "should" be? Go ahead and give yourself a minute or two to speak or write from discovery about what's wrong and how things "should" be.

Did you get it all out? If not - keep going! Come back when you've gotten it all out.

Now complete this sentence:

When I tune into \_\_\_\_\_ [the problem], I feel entitled to  
\_\_\_\_\_ [how things "should" be].

Good job! You've stated something unarguable!

Now consciously shift your attention to find and notice anything - anything at all - that you can appreciate about the way things are exactly right here, right now. Give THAT your attention. What can you appreciate right now?

Once you are feeling yourself back in your body and creative brain, ask yourself this wonder question and jot down whatever comes to mind here: "How can I become a source of what I most want in the world?"