

KNOW YOUR NOS

Set a timer for 3 minutes and jot down everything that comes to your mind. This is just brainstorming to get your creative ideas flowing.

“I have a no to...”

At the end of the 3 minutes, if you are able to stand while you do this, that can be helpful in detecting some of the micro-hints your body is going to give you next. If you're not able to stand, this can be done seated as well.

When I have a no to something, I notice a sinking downward energy that starts in my chest area. This will be a chance for you to begin to notice your unique “no” cues.

Next state each separate item that you have a no to out loud, one at a time, and notice any signals your body sends you. As you say each no out loud, one at a time, tune into your body signals and notice what you feel? Where in your body did you feel what you felt? What was happening to the energy in your body? What words or colors or sounds come to mind for you with each one? See if you're able to discern any trends in terms of how your body tells you that you have a no.

Write your top three no's down here:

Where in your body did you notice the most clear “no” energy? Write your body signals for a yes down here for future reference.

I want to encourage you to keep a “no notebook” for at least a week. A month would be even better. Keep it with you at all times and jot down anything you notice you have a hesitation or a “no” to. You don't have to do anything about it -yet - all you have to do for now is notice when your body is telling you “no”.