THE SHOULD LIST

PART SEVEN
OF THE LIFE I'M LIVING COLLECTION

How many of the things in your life
come from quiet rules you've absorbed along the way?

1. WHAT AM I DOING BECAUSE I THINK I SHOULD?

Write down everything that comes to mind. Big things, little things, practical things, invisible things.

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2. TAKING A CLOSER LOOK

Choose one or two from your list above and explore them a little more.

WHAT I THINK I SHOULD DO	WHERE DID THIS COME FROM?	DO I ACTUALLY BELIEVE IT?	DOES IT STILL FIT MY LIFE NOW?	KEEP IT, CHANGE IT OR LET IT GO?

3. IS IT A RESPONSIBILITY OR AN EXPECTATION?

For the things above, consider whether they are:

A GENUINE RESPONSIBILITY
Something I've chosen, committed to or that needs to be done, and it matters to me.

AN EXPECTATION I'VE CARRIED
A rule, standard or pressure that I may have absorbed but isn't truly mine.

4. WHAT WOULD CHANGE IF I DIDN'T DO THIS?

What would actually happen if you didn't do it?

_____
_____
_____
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5. ONE SMALL CHOICE I CAN MAKE

What is one 'should' you are ready to keep, change or let go of?