WOMEN'S LEADERSHIP FORUM • 2022

YOUR BEST LIFE

Saying No to Obligations and Yes to Aspirations

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No problem can be solved from the same level of consciousness that created it.

- Albert Einstein

2 Minute Exercise:

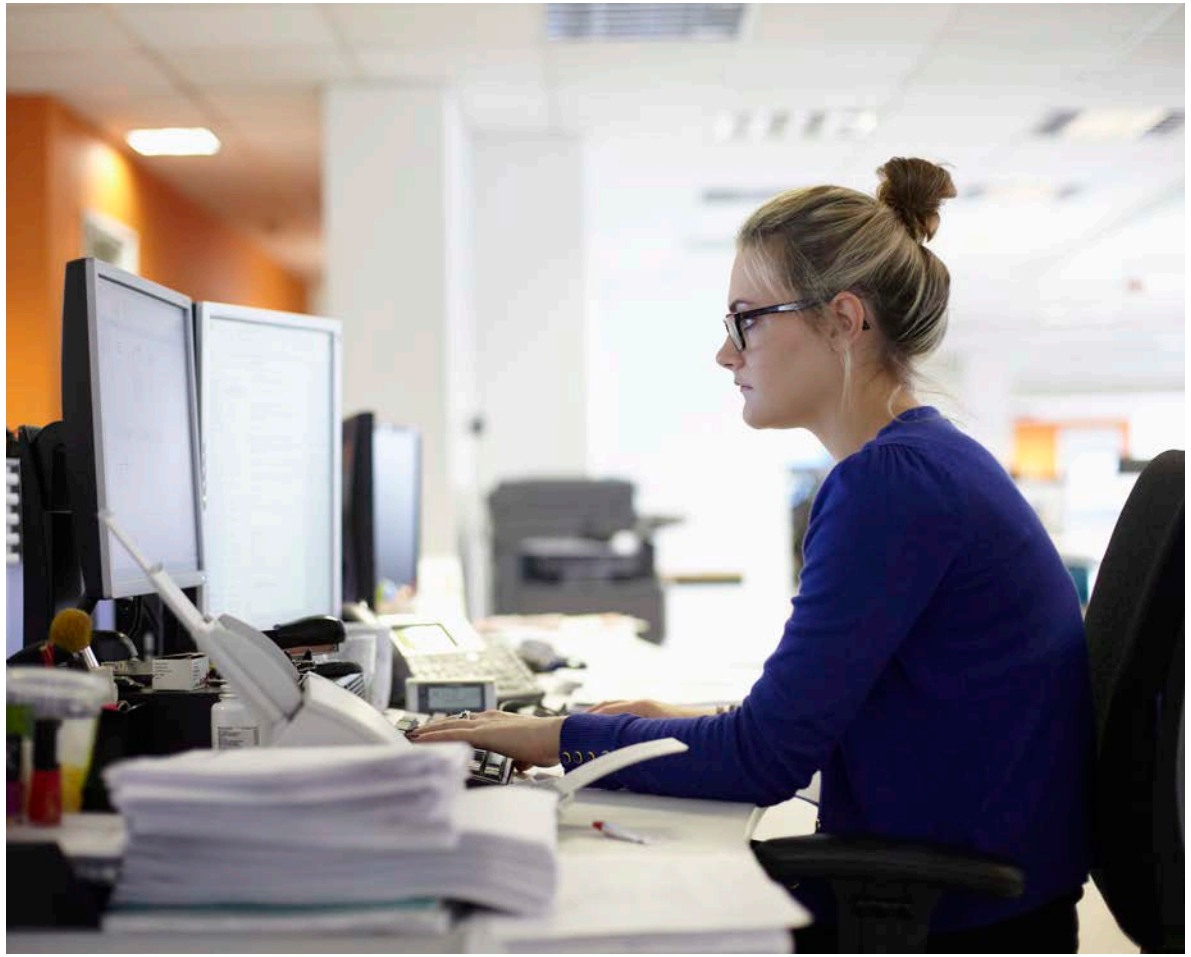
My Shoulds

What is a Should?

BELIEF EXPECTATION OBLIGATION

External Stimulus

Expectations and Obligations



Shoulds: Investigate the Source (aka the emotion)

Internal Motivation

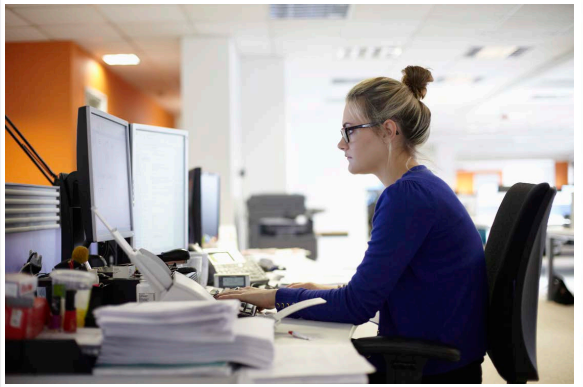
VALUES

VISION

MISSION

What's important to me about the way I live my life?

Reframing



Identifying Wants

Creating New Choices

Practice

1

Choose a Should

2

Identify if it's an Expectation or an Obligation

3

Reframe it as a Want

4

Make a New Choice

Breakout: Practice Reframing

Questions?

Thank you!

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