

Third Eye Chakra Habits

CREATING A POSSIBILITY-ORIENTED MIND

1. Bring Awareness to how you are limiting yourself, blocking yourself from receiving guidance, creating excuses or saying "I can't" - Create an inventory here of all the ways you unconsciously create limitations.

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I AM WILLING TO SEE THINGS DIFFERENTLY

2. What are some easy ways you can begin to see this differently, How can I personally SHIFT & PIVOT -

How can I _____ (insert your I can't)?

PIVOT & SHIFT HELPING TIPS:

Instead of saying I can't do this. train your mind to lean into infinite possibilities & Play into can I make my life easier?

How can I do this?

INSTEAD OF SAYING:

I can't do this. ----- How can I do this?

I don't have time --- What If I always have more than enough time for everything?

I Don't have the energy --- What helps me feel more energized that I can start to do? or Do I need to rest & recharge before tackling this?

In Comparing/jealousy: It isn't possible for me too ---- Because of them, The Universe IS showing me what is possible for me too.

Thank you Universe/God for showing me this.

It's just not working, I cant figure this out ---- What If it's already working? What if it DOES work out? What would that feel like and look like?

its just too hard for me ----- How can I make this even easier and simple for me? What can I rearrange in my favor?

Play with it!