



## Become the Visionary with Radical Acceptance

The first step to becoming the visionary of your life is to go into radical acceptance.

Radical acceptance is about what is actually happening in your life today the good, the bad, and the ugly.

For this exercise, go into a quiet place, take 3 deep breaths, and slow down your system. Take your time and reflect on your life and relationships at home and work/school. get real honest with yourself about what is not working. This is your time to state your truth and clear your heart.

1. Become aware when something feels off and it is causing a mental or physical disruption and write it down.

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2. What is the real truth about the situation? No excuses, this is how it is right now today, not how it used to be.

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3. For one week become the assessor of your life, not the fixer or the judge. Observe yourself and others actions, reactions, the way you and others communicate.

**Repeat this mantra:**

Everyone is on their own path and has their own lessons to learn on their path. I do not have authority over someone else, nor can I control the outcome.