



Let Go to Become a Visionary

Now we have created 2 levels- Our radical acceptance of what is and our vision for how we want our life to be and that has created a gap. This gap is where we get to be resourceful and creative so we can take one step at a time to our vision.

Oftentimes this is where we get stuck and the reason that we do not complete what we start, why we keep choosing the wrong partner, why we are entrenched in the judgment of ourselves and others.

This is where the work begins. This is a mini-course, and there can only be so much included.

Here are some things to consider when getting unstuck so you can walk towards your vision.

- The role certainty plays in our lives
- Your culture and other peoples culture
- Secrecy and silence- coveting pain and trauma
- How media influences our thoughts, self-esteem, and emotions.
- Finally our limiting beliefs about ourselves and others.

Revisit your radical acceptance worksheet.

Ask yourself:

Are you 100% certain that....

1.They are wrong? If so, how do you know?

2.They meant to hurt you? If so, how do you know?



3. That you are right? If so, how do you know?

4. That there was no better option?

5. What is your certainty costing you?

6. Are you willing to open up to the possibility that not everything happened the way you saw it, there might be extenuating circumstances, and that the people involved did not have ill intentions?

If yes, keep moving forward.

7. Are you willing to look at the circumstance and create empathy/understanding?

8. What did you learn from this experience?

9. What can I do differently next time?