



Dream!

Discover!

"Time strategies to create  
a brilliant life in a burnt-out world"

Dare!

Elizabeth

## Obstacle #5

**I don't want to be out of control.**

**The Truth:** If you limit yourself to only experiencing (both internally and externally) what you can control, you will severely limit your growth and abundance in life.

It's true that taking time to stop and reflect may lead you to some unpredictable results. You may experience emotions that you've never had before. You may realize that there is something in your life that you really don't like right now. You may uncover a true heart's desire. You may actually experience very little epiphanies and wonder what is wrong with you.

No matter what, how or when, giving yourself time and space to explore the great unknown inside yourself can be intimidating.

However, courage is not the lack of fear, but experiencing fear and deciding to proceed anyway when you know that you are on the right path. Your ability to open yourself up to your true inner thought life will give you a greater capacity for self knowledge and a greater ability to know others.

Plus, this journey can lead to the ultimate treasure—being your true self.

## How to Break Free!

**If you struggle with the idea of taking time to reflect because it feels like giving up control, spend some time on these activities:**

1. Notice how you much you let others express themselves:
  - Are you open and receptive to what they have to say or do you avoid listening to their thoughts?
  - Do you shut down or do you stay alert?
  - If you feel that you give others freedom of self expression, great! Keep it up.
  - If you don't, think of someone you know who is very supportive & empathetic and try to think of how you could better model their behavior with yourself and others.
2. Think through a strategy of where you can go if you need to let out some very strong emotions that come up like anger, fear, deep sorrow, shame,



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etc. Have a plan in place such as going to a running trail, sitting in your car, taking a shower, or finding some other place where you can scream, cry, laugh or do whatever else you need to do to fully experience and release your emotions without judgment or censor.

## **To Your Brilliance!**