

Untitled Document

Tell me, girlfriend. How do you make decisions? No, I don't mean as in head versus heart,

See, most of us grew up in a good-versus-bad kind of straightjacket: if you did what you were

Still, many of us feel a tsunami of badness approaching when we do something we were

An important part of becoming yourself involves growing beyond what you've learned so

Odd how many of us spend such a lot of time and energy evading these decisions. I've long

Madisyn says that one of the reasons it could be uncomfortable to sit with ourselves is

So, how do you begin the process of being less absent in your decision-making process? If

Let's name our game The Time Warp. Come on, all it needs is some willing suspension

Do you remember your childhood bedroom? Imagine sitting on your bed with all the dr

Then jump ahead in the time warp and imagine your eighty-year-old self. What would t

Okay, but the game needn't end here. Burt Goldman says that we can imagine a whole

?Let?s do the time warp again?

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“It’s never been about what work you choose, what gifts you develop, or what niche you fill

You choose the world you want. And if you’re not clear on that, ask your different selves