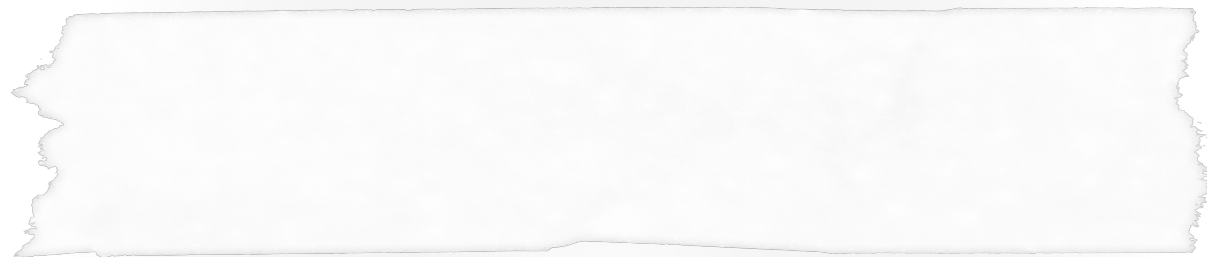


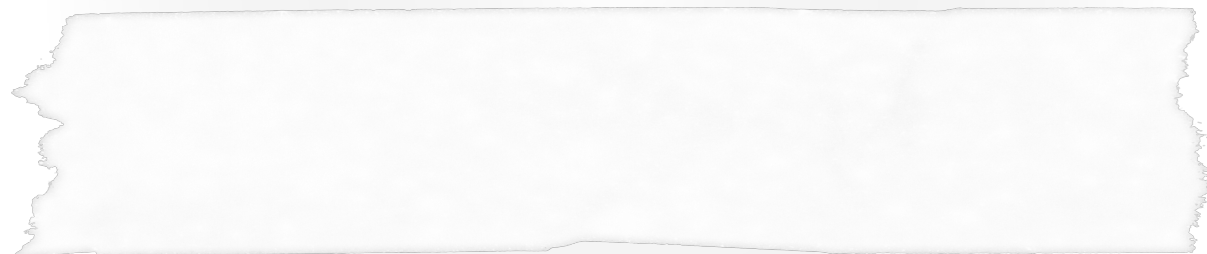
PRACTICE:

Explore Focus

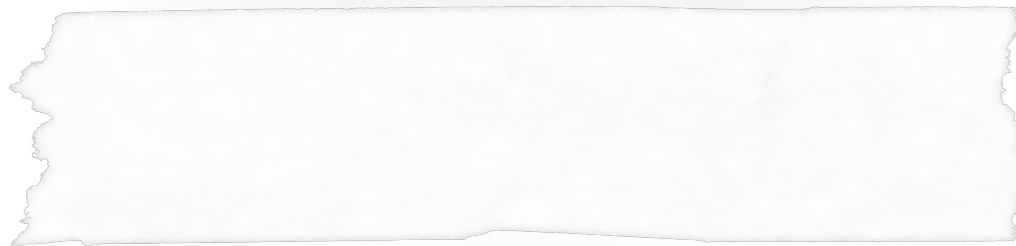
The invitation is to start small, some little pain point that triggers you today. Who in your life is triggering you in this moment? Can you name the person who is upsetting you?

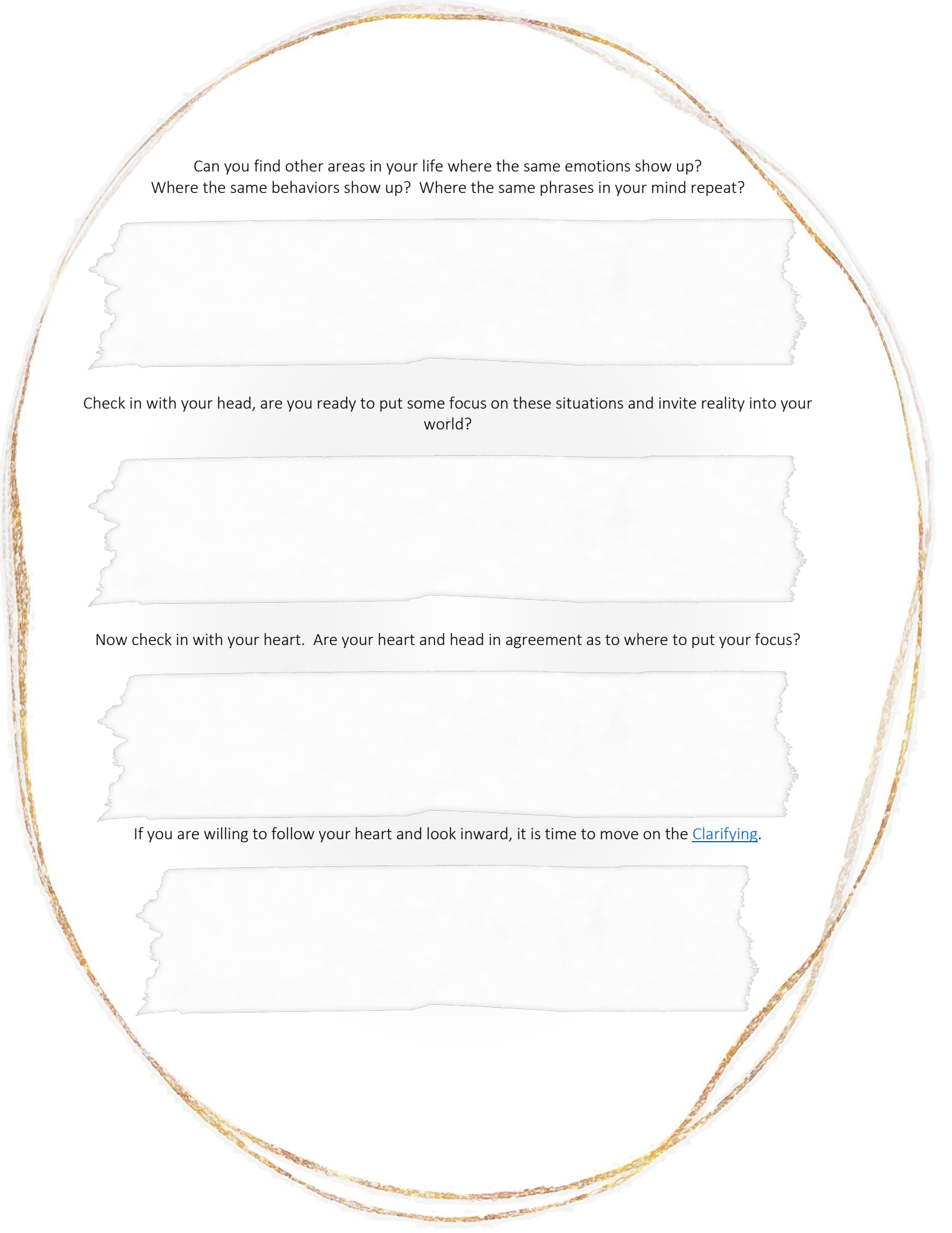


What emotions do you notice when you think of that person or thing in that situation? Where do those emotions live in your body?

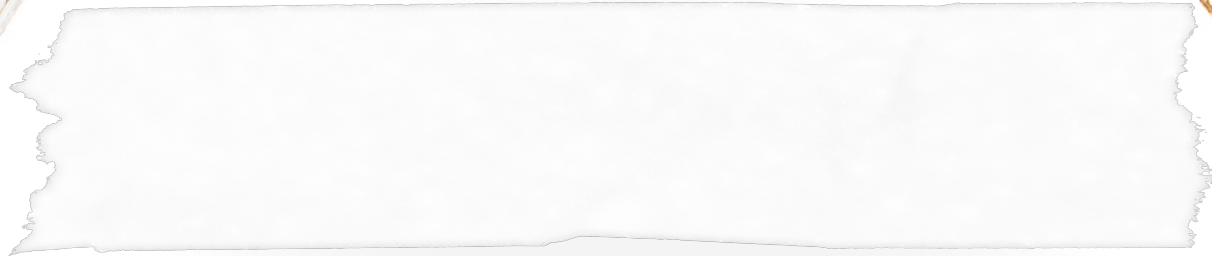


What do you do when you feel those emotions? How do you treat that person or thing when they trigger you in that way? How do you treat yourself?

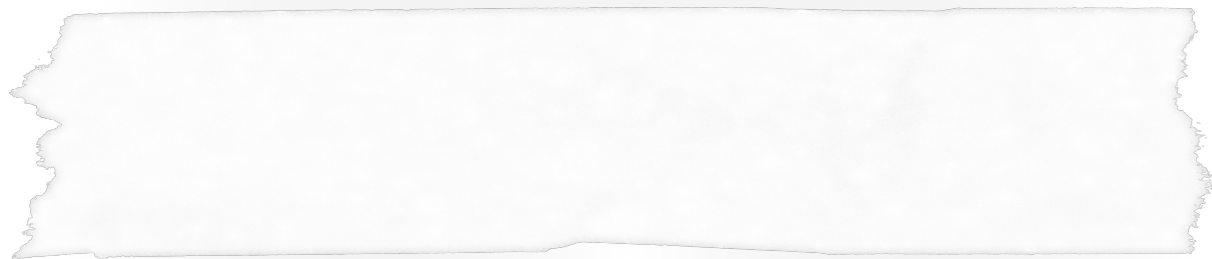




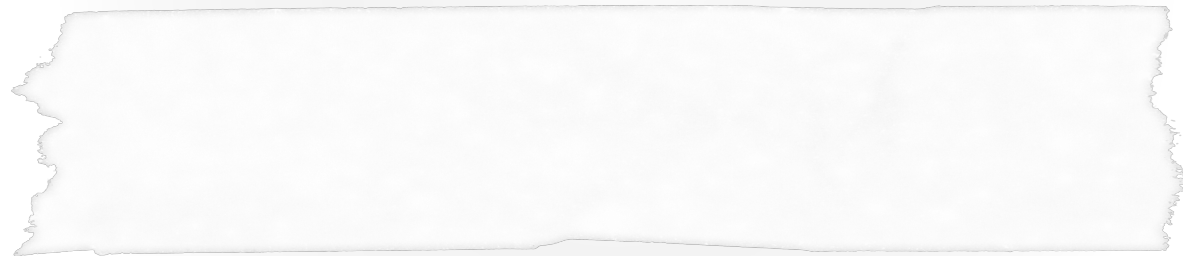
Can you find other areas in your life where the same emotions show up?
Where the same behaviors show up? Where the same phrases in your mind repeat?



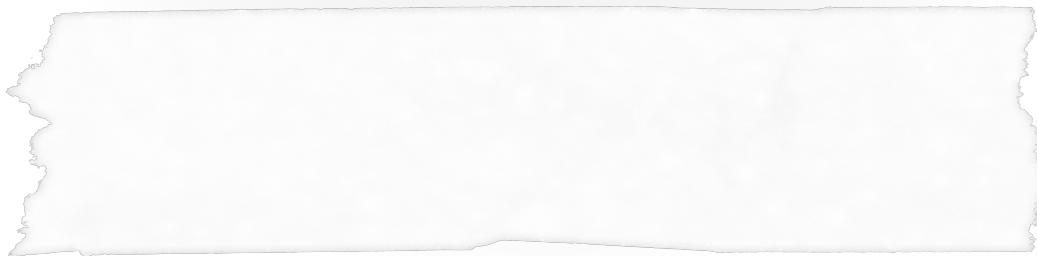
Check in with your head, are you ready to put some focus on these situations and invite reality into your world?



Now check in with your heart. Are your heart and head in agreement as to where to put your focus?



If you are willing to follow your heart and look inward, it is time to move on the [Clarifying](#).



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