

SKILL BUILDING NO. 18

Train Your Brain



2 minutes

Want to make a change but waiting until you feel ready? Try to flip the script, do it first and then decide on your feelings later. Stop making decisions based on predictions about how it might feel. Think of it like trying on clothes at the store. You don't know how they will fit until you try them on. So do the same here and create an experiment. What is the shortest amount of time you could try out this new change and get a sense of how it feels? Commit to only that time, and then see how you feel about it afterward.