



When do you should yourself?

Time to get mindful about shoulding yourself....

Catch yourself when you hear yourself saying things like....

I should eat better

I should exercise more

I should call...

I should check my emails

A large, blank sheet of white paper with horizontal brown lines, resembling notebook paper. On the left side, there is a spiral binding with several metal rings visible. The paper is intended for writing down thoughts or notes related to the exercise.



Curious questions for when you 'should' yourself.

Am I doing this because I WANT to or because I feel I should?

Am I doing this for approval?

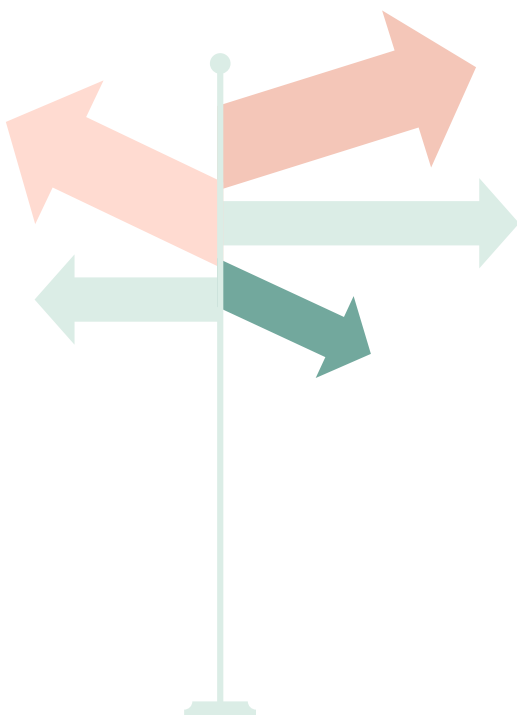
Am I doing this out of guilt?

If there were no consequences, would I still be doing this?

Is there a level of comparison involved?

Is there an expectation - from someone else or society?

There are of course times we NEED to do things we don't want to - but often we have more choice than we think.



If it's not a heck yeah....is it a hell no?