



## REFRAMING

Get crazy and name as many things that you can think of that **MUST** happen in order for your life to run smoothly. What are the things you “have” to do? (ex: work 5 days a week, take the kids to school, feed the dog, pay the rent, make \$X a month)

What would happen if you don't do these things?

Doing anything in the world is a **CHOICE**. No one **HAS** to do anything. In fact, you're **BLESSED** to do anything because it means you're alive and capable! Instead of “I **HAVE** to” it's “I **GET** to.” This instantly reminds us that it's our choice to embark on that task, that it's an honor to be alive to do it, and it actually activates your mind towards finding the best route to accomplish it. The phrase “have to” just feels annoying and heavy; but, “get to” feels empowering.

**Your Step of Greatness:** Anytime you find yourself using the phrase “I have to” instantly reframe and say “I **GET** to.” Notice how it feels. Make this a new habit- it will literally change the game for you.