

Your Yes and No

What does an honest Yes or No feel like for you? Connecting with this inner knowing is incredibly important, especially when the voices around you may be crowding out your own. Tune in, listen, and stand your ground.

1. Are there places in your body that tell you Yes or No? Are there feelings, a tone or mood involved?

2. Is there something your inner voice is trying to get through to you right now? Can you tune in, even if it what it is saying makes you uncomfortable?

