

RULE BREAKING PART TWO

Last time we all acknowledged being rule breakers when it comes to food and exercise. We encouraged ourselves to become a new breed of rule breaker that benefits us rather than hurts us.

For part two of rule breakers we are going to shift our focus from food rules to relationship rules.

Many of you have developed rules over time that have kept you in a one down position and has contributed to a low self esteem.

Let's examine what kind of rules we have in our relationships with family, friends, and co-workers.

For Example:

Are you less assertive than you want to be?

Are you hesitant to express your sexuality?

Do you hesitate to speak up at work?

Do you continue to let family members treat you with less respect than you deserve?

What kind of relationship rules have you been living by that we are now ready to start breaking!!