

your kick-ass life®

★ *Because life's too short for it to not kick ass* ★

Digging deeper on the topic of friendships and feelings

Is there a friendship where you need to “clean things up”? And/or do you have a friendship in your life you’ve had to grieve? Is there one you haven’t grieved, but need to? (If you need help with grief, chapter 3 of *How To Stop Feeling Like Shit* covers this!)

Do you let all your feelings in, or do you push them away? And if you do feel them, do you invite other people in to be with you in that? Why or why not?

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Is there something you instinctively know what to do, but you aren't doing it? Is there something you know you need to do, maybe even someone is trying to help you, but you keep going back to trying the thing that isn't working? What might happen if you try the thing you want to do? What might happen if you succeed?

Is there something in your life where you're letting your ego get in the way and it's making you lose perspective? Where can you switch your perspective on something that's bringing you down?