

My Unword.

Or, Staying Open to the Opposite

In February, I'm taking a different angle, you might say...to get a different view. Instead of thinking about what My One Word **is**, I'm thinking about what it **isn't**.

WHAT IS THE OPPOSITE OF _____ ?

WHAT DO I NEED TO EMBRACE?

IN SHOWING UP REAL TO THIS PRACTICE, AM I CALLED TO
'GIVE IN' TO MY WORD'S OPPOSITE SOMETIMES?

MY WORD'S OPPOSITE AS A 'CUE'

HOW MIGHT NOTICING THE OPPOSITE OF MY WORD SERVE
AS A CUE TO CALL ME BACK TO THE PRACTICE?