WHO'S DRIVING YOUR BUS?



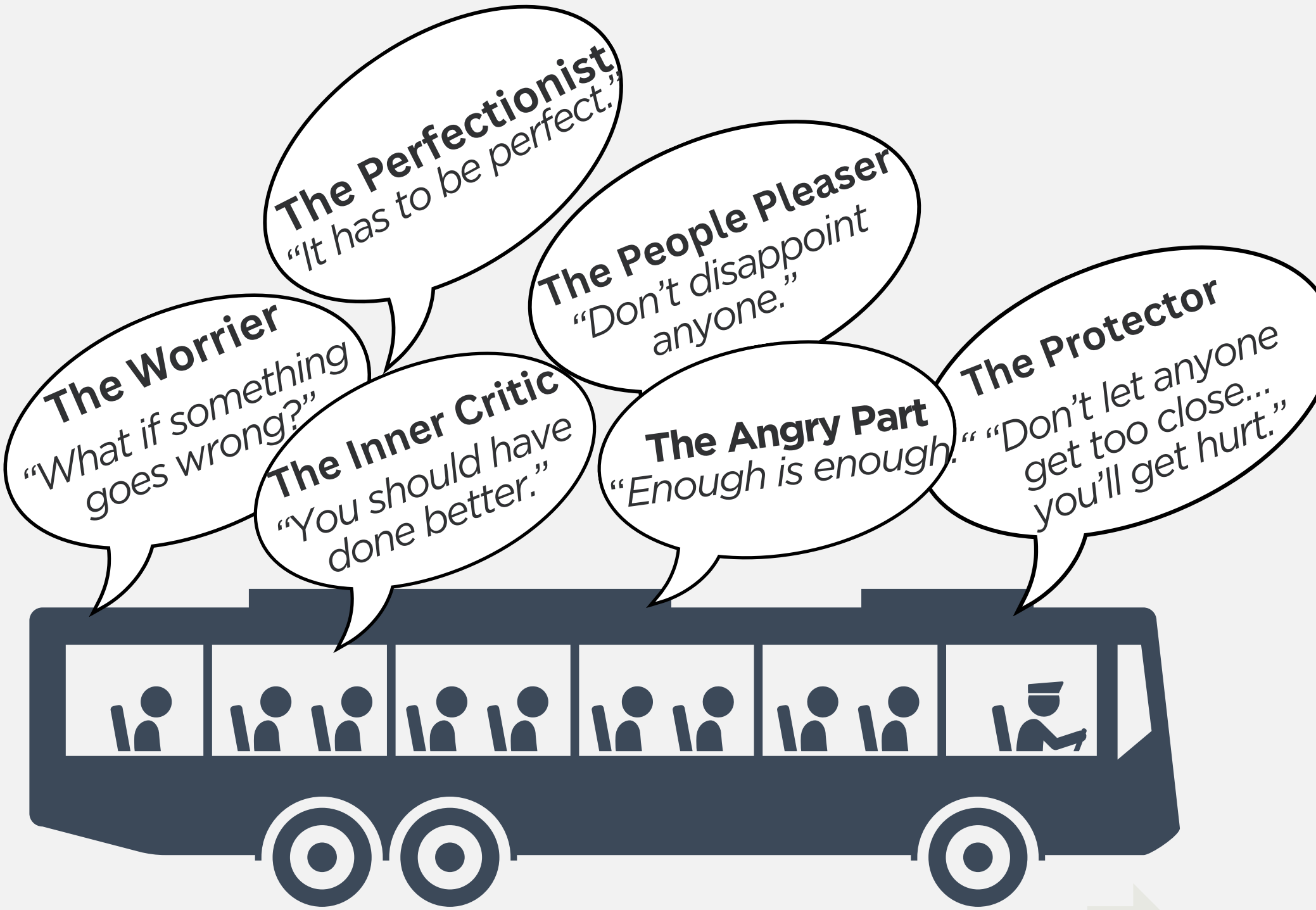
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Imagine your mind is a bus.



On that bus are many different thoughts, emotions, and inner voices.

Every passenger has a seat on the bus. They all have something to say.



The challenge isn't that they're on the bus.



It's when one of them grabs the steering wheel.

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When **fear** is driving...
you may avoid opportunities.



When **overthinking** is driving...
you may stay stuck in circles.

When **perfectionism** is driving...
nothing feels good enough.

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The goal isn't to throw anyone off the bus.

It's to notice who's speaking without handing over the keys.



You can listen without letting them drive.

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Your thoughts and emotions are welcome passengers.





Your **wise**, grounded **self** is meant to be the **driver**.

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