

DRIVE OUT JUDGEMENT BY CULTIVATING CURIOSITY

5 SECRETS FOR HIGH-ACHIEVING WOMEN

01 UTILIZE THE POWER OF "MAYBE"

When your brain tells you that pleasure and fun are not an option for you, challenge it with, "Maybe this is exactly what I need right now." Or "Maybe this will be the best thing for myself and others." Then, try it and see. You'll never know what is possible for you unless you try.

02 CHALLENGE YOUR ASSUMPTIONS

For most of us, our brains are on autopilot. Whatever our brain offers, we just believe it. Having a few "pocket questions" at the ready will help counterbalance your brain when it insists you "should..." or "have to..." do something.

I like to ask myself,

"What if the opposite were true?"

OR

"What other possibilities are there?"

03 REPLACE THE WORD "HAVE TO" WITH "WANT TO"

That will immediately drop the pressure and cultivate desire and curiosity. I like to remind myself, "I don't HAVE to do anything. I get to choose. Do I WANT to do that?" That question can be hard to answer sometimes, as we are mostly ruled by expectations and are unaccustomed to leaning into our desires. But give yourself permission try and discover something new about yourself.

04

CARVE OUT CURIOSITY TIME

Allocate a dedicated time each day, even if it's just 15 minutes, to indulge your curiosity. Give yourself permission to explore a topic of interest, read a thought-provoking article, or engage in a new hobby. This intentional time allows your curiosity to flourish without the pressure of achieving or meeting expectations.

05

LOOK FOR THE GIFT OR OPPORTUNITY

When you hear the Critic in your head judge you for failing or not doing enough, filling your body with regret, you can lean into curiosity by asking, "How was this a gift or an opportunity?" Despite the resistance your brain might give, force it to answer that question. Explore the idea that this might bring real growth or blessing to your life.