

# SHED THE ROLES THE WORLD HANDED YOU AND EMBRACE YOUR "TOO MUCH"

What are the roles you have taken on without choosing them?

As a child did anyone tell you anything repeatedly, either good or bad?

Is there anything in your life that you took on because you believed that it's what you "should" be doing? (a role, a job, a hair color, a personality trait)

When in your life have you been accused of being "too much"? (ex: too loud, too emotional, too large, too shy...)

What if you embraced your "too much" and turned it into your greatest gift to the world? Let's flip the script and explore how you can share your "too much" with this planet, which is in desperate need of your boundless strength in this arena!



*"Awakening is not changing who you are, but discarding who you are not." -Deepak Chopra*

*"To be nobody-but-yourself - in a world which is doing its best, night and day, to make you everybody else - means to fight the hardest battle which any human being can fight; and never stop fighting." - E.E. Cummings*