

The Good Ole Girls' Network

From “I have to” to “I choose to”

For your fulfillment, consider:

1. What kinds of things do you feel like to “have” to do? _____

2. Why do you do them? _____

3. Is your why for doing the things you “have” to do strong enough to bypass the anxiety and settle into the reason you do them? ____ Yes ____ No
4. How does it feel to feel like you “have” to do certain things? _____

5. How does it feel to reframe “I have to” to I (verb)? _____

