

JUDGEMENT

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TODAY WE EXPLORE JUDGEMENT. (From self or others)

Sometimes we can easily be consumed and caught up in thoughts and feelings from judgement of self and also what we think, others think of us.

Judgement comes from many different sources. Firstly we often place judgement on ourselves, we have judgement from family, friends, work colleagues, social media.... the list goes on.

Comparison is Judgement when we compare ourselves to others.

Imposter Syndrome is Judgement.

Fear of what others think of us is Judgement.

It is so easy to get caught up in words of negativity and then we get consumed with thoughts and feelings associated with what we think others think or feel about us.

Judgement is one of those things that stop us from living our fullest potential. When we are in fear of what others think of us it, also has the potential to stop us from fulfilling our dreams and goals.

Name one scenario where you have been so worried about what others think, it has stopped you from doing something you really wanted to do?

When we hold onto judgement about ourselves we limit ourselves. We limit our potential in all areas of life.

Judgement or fear of judgement keeps us small.

Remember this WHAT OTHER PEOPLE THINK OF ME IS NONE OF MY BUSINESS!

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When we get caught up in judgement it sometimes stops us from being the best version of ourselves. So wouldn't it be amazing if you could have the attitude of "I DON'T CARE WHAT OTHERS THINK OF ME"? Answer these questions with as much depth as possible.

How do you judge yourself? (Write this down)

What are the expectations that you put upon yourself? (Write this down)

How do you limit yourself?

How does this serve you?

What can I do to free myself from judgement?

I now release.....

A beautiful way to release is through the Ancient Hawaiian Practice of Ho`opono Pono.

A ritual of forgiveness.

How do we do this?

Stand in front of a mirror, looking into your own eyes and into your soul, and say these words.

I'M SORRY

PLEASE FORGIVE ME

THANK YOU

I LOVE YOU

You can repeat these words over and over. It may even get a little emotional however that is completely ok.

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Another way to do this is to repeat these words at least 5-10 times and then ad

I'M SORRY for.....

PLEASE FORGIVE ME for.....

THANK YOU

I LOVE YOU because...

Please take this opportunity to journal what came up and how did you feel?

Did anything shift within you?

What impact did this exercise have for you?

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