

SERIES: STARTING OVER

Episode 3: "Rethink It"

Sometimes life requires a reboot. But how do you make sure unhealthy assumptions from your past don't make their way into your future?

QUESTIONS

- Have you ever looked back and wondered, What was I thinking? What can you see now that you couldn't see then?
- Have you ever bought into any of
 the assumptions listed below? If so, what happened?
- Are there any mindsets you need to
 rethink in order to move on? What would you need to do to begin a process of "renewal"?

NOTES

SEVEN LETHAL ASSUMPTIONS

- If I find the right person, everything will be all right.
- **2** My situation is unique.
- **S** It's not right, but it makes me happy.
- If only I had _____, I would be satisfied.

- **5** *I owe* is better than *I want*.
- **6** My secret is safe with me.
- 🕖 Sex will solve it.

BOTTOM LINE

If you think the way you used to think, you'll do what you've always done.

Discover something new? Have any epiphanies? Tweet your story and tag us @YourMove.