

Week 39 Practice

If we want to pursue our passions and practice the things we love, we are going to have to change our habits, because most of us are in the habit of putting our lives on hold until we've finished projects that can never be fully finished, especially this project frequently referred to as "self-help" or "spiritual growth" or "personal transformation."

During the months of listening, you increasingly embraced your worthiness, but worthiness is not an all-or-nothing proposition. In all likelihood, there are still parts of you that believe you aren't worthy enough—not *finished* enough—to truly resurrect the passions inside of you. This week, we are going to decide which parts of your heart need to be left unfinished for now, so that you can get on with actually *using* that heart while you're alive.

Which parts of you do you still silently self-reject, by telling yourself that part of you must change before anything else in your life can change? For me, that part of me was my fear of criticism. I thought that I had to develop a thicker skin before I could become a writer. Eventually, though, I decided I need to start with a thin-skin and let it thicken as I went. It's still thickening, because it is a heart-project that never really finishes. What are you going to have to learn as you go, rather than learning ahead of time?

Oftentimes, these quiet reservations will be hiding inside of "too-statements." I'm too impulsive. I'm too disorganized. I'm too emotional. I'm too arrogant. I'm too sinful. I'm too timid. I'm too little. I'm too [fill in the blank]. This week, during times of quiet and stillness, listen for your too-statements. Afterward, on a piece of paper, in your journal, or on your phone, write down your too-statements. These are your unfinished projects. These are the things that will have to be left undone in your heart if you are going to get started doing what your heart wants to do. Conclude this week's exercise by rewriting each sentence: I'm too impulsive, *and* I'm ready to become a public speaker; I'm too disorganized *and* I'm ready to become a mother; I'm too emotional, *and* I'm ready to go to law school; and so on.

Grant yourself the blessing of being unfinished.