

## Week 44 Practice

Guess what you're going to do on Thursday this week?

But first. Identify the five roles in your life that are most valuable to you. For instance, mine are husband, father, friend, psychologist, and writer. Then identify any of your regular activities that do not contribute to you living those five roles in a valued way. List them. Similarly, identify everything you do in your life that is left over from a time when you had more difficulty recognizing who you are and didn't trust your own worthiness. Once again, list them.

Then, decide which activity (or, if you're feeling ambitious, *activities*) you are going to quit this Thursday. You do not need to prepare a defense of your decision. If someone challenges you, simply say, "I'm a little closer to understanding who I am, and I'm making space in my life to live that." They might be angry at first, perhaps even outwardly critical. On the inside, they may be envious of your clarity. If they are openly encouraging and even joyful about your decision, they are, in all likelihood, one of your people. If that happens, buy them a cup of coffee. Trade stories. Stumble across a little more belonging.

Finally, though this is a weekly practice, you can challenge yourself by continuing to cut out one activity every Thursday for the rest of the year! Also, you can use it as a helpful filter for deciding which activities you will add to your life and which you will say "no" to. For instance, I was recently asked to run for the local school board. In the past, I would have been torn about whether or not to do so. Now, I know who I am, I know my five roles, and I quickly declined the offer.

I told them I'd be happy to write copy for the school board instead.