
**Weekly DETOX
And Personal Accountability**

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For Subscribed Members
Leadership Story: Childhood Tapes

Does your past speak to you? Hmm Is it helpful or hindering? Those “childhood tapes” are mental recreations of experiences that we once had. Some of them do not go away, and some of them unduly influence how we see the world. Think a bit about what your past experiences tell you. Just take a simple look back, but if you’d like to start pulling messages out, then great. This is to bring it to a level of awareness.

Then, as always, take some time to clear your head and set the intention for the week. For this upcoming week, my intention is:

(Could be a work-life balance intent, clarity in purpose, or personal effectiveness)

Reminder: Each week you will get a video and/or audio, and a detox template like this. Get into the habit of what works for you for holding yourself accountable to mentally focus on it. Get comfortable with a pattern that works for you.