

11 RULES TO BREAK TO

*Set
Yourself
free!*



woman
Unruly



Break these 11 Rules to Set Yourself Free!!

I've always believed that Rules are overrated and are meant to be broken. Not the big rules of course, like hurting someone, stealing or not paying your taxes. But for the most part, I consider most rules to be guidelines. Now I must admit, believing this has gotten me into trouble a few times in my life. I have a tendency to question authority and I always stand up for the underdog or the group as a whole, even if I end up taking the hit. That's just who I am.

To be a Woman Unruled, you need to think for yourself and make yourself a priority. Consider the rules you live by. Are some of them outdated because you've changed or are you in a different place in your life? You'll know if you've outgrown any of them if you feel constricted, like you're living in a box that's just too small. If this resonates, it's time to start breaking some rules. As one of my favorite saying goes, well behaved women rarely make history! And, you're on this earth to live a well-lived life.

If you break these 11 rules, you're going to feel more joyful and empowered.

That's my promise to you.



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#1 Get out of Your Head and Stop Analyzing. Get into Your Heart and Start Feeling.

Our bright, analytical brains are powerful and help guide us in many ways. The problem is our minds like to be in the driver's seat and that can lead to over-analyzing and being critical. I heard this saying once, "Your mind is a like a bad neighborhood, don't go in there alone". When your mind gets on the gerbil wheel, take a deep breath and ask yourself what am I feeling? I don't know about you but I wasn't brought up to feel and express my feelings. I've learned that if you hold your feelings in and don't express them, one day you'll erupt like a volcano and it won't be pretty! Feel your feelings, acknowledge them and above all, be compassionate with yourself. Once you do, you will live more in your heart.

#2 Do Away with the Shoulds.

Please, please, please - remove should from your vocabulary! Shoulds are joy killers because they are about obligation and meeting other people's expectations. Instead of being and doing what you think you are supposed to be and do, or what others think you should be and do, claim who you are and what you really want. Start taking action from "what brings you joy" rather than from the "I should" place. It's simple. Do what you want and stop doing what you don't.

#3 Rid Yourself of Perfection.

Perfection is not very interesting. Seriously Now. Think of someone you admire and ask yourself, are they perfect? I bet they have some quirky quality that you find charming or adorable. So why do you think you have to be perfect? I think it's one of those societal or familial rules that has been passed on for generations. If you don't break the pattern, it will live on. Instead of trying to be perfect, get messy and be spontaneous, it's much more fun!

#4 Stop Being So Damn Accommodating.

Being accommodating is usually a sign of wanting to please or be liked. As women, we've all been there at some point because it's not easy to say NO as we've been conditioned to always put others first. If this sounds like you, I get you want to be liked. But ask yourself, has being overly accommodating and too nice gotten me anywhere?

Don't Say YES to please others.
Say YES because it feels right for you.



#5 Don't Play Small to be Accepted.

Playing small isn't interesting so cut it out. Wanting to be loved and accepted are universal needs but don't make them a priority at the expense of living your authentic self and realizing your dreams. Never minimize yourself, always be who you are without apologizing for your greatness. It's ok to be shiny or the smartest woman in the room. If others are uncomfortable with your bigness, it's not your job to play smaller so they feel comfortable. Own your grace and brilliance and others will be attracted to your presence and positive energy.

#6 Stop Caring What Others Think.

This is a biggie and I won't say it's easy. Being the authority of your life takes courage and requires not caring what others think of you and the actions you take. It's important to be receptive to feedback and when you're making a big decision, it's a good idea to ask a few trusted confidants for their opinion. But at the end of the day, it's your life and no one knows better than you what's right for you. Once you start living from a place of authority, you will be less likely to take things personally and it will feel liberating! It's your life - live it and be true to you.

#7 No More Overdoing, Especially for Others.

Do you pride yourself on being a multi-tasker, always having a full schedule and overdoing for your loved ones? Women are amazing multi-taskers, and I include myself in this category. The issue is while you are caught up in overdoing, you can lose touch with the reasons why you're doing things in the first place. Ultimately, life won't feel meaningful and can lead to burnout.

Overdoing comes from wanting to feel important and needed. But what if you knew you were important without overdoing, just because you are the "Amazing You"?

#8 No Expectations.

This is another biggie. Expectations are a breeding ground for disappointment and get in the way of your happiness. I'm a big believer in having high standards, clear goals and a vision for where you want to go but try to not get attached to the outcome! Be open to how things unfold because that's where the magic is. Once you are, you will be surprised how much fun you'll have. It also takes the pressure off of yourself and your loved ones.

#9 Stop Playing It Safe. Get Out of Your Comfort Zone.

If you like to play it safe, you are not alone. Fear is what usually prevents us from doing something that feels bold or daring. Common thoughts can be “what if it doesn’t work out”, “what if I fail”, “what will people think of me” and a multitude of other reasons. Be in touch with your fears but don’t let them stop you from doing what you really want! Change the conversation in your head to sound more like “I understand my fears”, “I am excited about doing this,” and “I know I will succeed.” There is no better time than now to get out of your comfort zone, take action and start living!

#10 Don’t Compare Yourself or Your Life to Others. Period.

It’s easy to compare yourself to others but comparison leads to feeling bad about yourself and your life. It’s a no win situation because most often, you compare yourself to someone you think has more or is doing more than you. There is no one exactly like you on this planet. Your life story, your values, strengths, skills, passions and your DNA are totally unique to you. You are one of a kind. It’s important to embrace your individuality because that’s where the juice is! Don’t take the easy path and play the comparison game. Instead, value and love the “Unique YOU.”



#11 Stop Being Your Worst Critic. Instead, Be Your Best Friend.

I know what it's like to be hard on yourself. I spent years putting myself down and being overly critical of myself. I focused on the mistakes I'd made rather than celebrating all my successes.

Sound familiar? Then I asked myself, "who am I to think less of me than others do?" So I went on a self-criticism diet. Yep, no kidding. I can honestly say that now, I am much kinder to myself and feel good about who I am. If I can change, so can you. Once you do, a huge weight will be lifted from your shoulders!

Come on Now...Join the Party. Become a Woman Unruled.



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Workbook Questions

1. How often do you make yourself a priority?

Never Rarely Sometimes Often Always

2. Are you ruled by the shoulds in your life or are you living by what you truly want?

Never Rarely Sometimes Often Always

3. Are your expectations of others getting in the way of your happiness?

Never Rarely Sometimes Often Always

4. How often do you play the comparison game?

Never Rarely Sometimes Often Always

5. Do you find yourself overdoing all the time?

Never Rarely Sometimes Often Always

Workbook Questions

6. Do you feel joy on a daily basis?

Never Rarely Sometimes Often Always

7. How often do you feel really good and empowered in your life?

Never Rarely Sometimes Often Always

8. Would you benefit from going on a self-criticism diet?

9. What rules do you follow in your life that no longer serve you?

10. What principles or rules do you want to live by now?

11. If you picked just one of the 11 rules to break today, which one would it be?

Remember, you are here to live an amazing life with no limits!