

LIVE THE CHANGE

ATTACHMENT

In each of the following areas, can you see where you might be attached to things being a certain way? For example - with your past - you might be very attached to the idea that it 'Should' have been different?

YOUR PAST

What are you attached too?

How is your attachment causing you suffering?

YOUR FAMILY

What are you attached too?

How is your attachment causing you suffering?

YOUR HEALTH

What are you attached to?

How is your attachment causing you suffering?

YOUR INCOME

What are you attached to?

How is your attachment causing you suffering?

YOUR FRIENDSHIPS

What are you attached to?

How is your attachment causing you suffering?

In which areas may you be allowing certain attachments to mean you are not present to your own needs? Are you sacrificing yourself because you're attached to a particular outcome? Do you need to create boundaries?

Moving forward, knowing that attachment is the cause of so much suffering, what are you no longer available for?