



*Who* would judge you if you don't conform?

who'd judge you? | are they *really* judging you? (how do you *know*?)


*OK, so ...* if they *are* judging you ... how does this *actually* affect you and the life you're living?

## SOLO TWO | Be True to You.

Name **one specific** thing you can do this week to be truer to yourself and to break free of others' expectations (it can be big or small). Then do it. Report back to your group, or just to yourself. How did it feel? Was it scary? Awesome? Exhilarating? All of the above?



did you do it?

No



(no biggie ... just try again!)

Yes



(umm ... AMAZEBALLZ!)

and? how did it

*feel?*

SOLO THREE | Review. Reflect. Journal.



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