

3. BE DETACHED

Explore your attachments in the following areas from a place of witness versus a place of judgment:

- Intimate relationships
- Personal Image
- Finances
- Social Identity
- Family relationships
- Success in the work place
- Who you think you should be
- ...

Take one action in the next 24 hours that will help you be more detached. You can go back to this list as many times as you want.

“Unleash the Power of Your Intuition”

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