

WEEK 30  
**TAKE IT PERSONALLY**

---

*If you want to be somebody else,  
If you're tired of fighting battles with yourself  
If you want to be somebody else  
Change your mind, change your mind. Sister Hazel<sup>32</sup>*

**N**othing is personal. Everything is personal.

Nothing is personal because what is happening out there is a reflection of how the people with whom we interact consciously, subconsciously, or unconsciously choose to act and be in the world. It has no control over how we choose to respond.

Everything is personal because how we choose to respond always reflects what is happening inside us. Every opportunity to notice our emotion and choose our response offers a learning experience designed just for us.

 **INQUIRY**

Notice when others are taking something personally. What might be happening inside that causes them to take it personally?

 **INQUIRY**

Notice when you are taking something personally. Ask *If I were writing a novel, what transformative lesson would I want my character to learn here?*

 **INQUIRY**

Notice a time when you take something personally, either positively or negatively. Reframe your thoughts to shift the event so it is unrelated to you. For example, if someone cuts you off in traffic, think that the person may be on the way to visit a sick child. How do you feel after your reframe?