

Living Moxie

## ACTIONS SPEAK LOUDER THAN WORDS

Post: <http://dawnbarclay.com/word-or-action-of-the-year>



What promises are you making yourself and not keeping?

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What could happen if you followed through on the promises you made to yourself?

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What will happen if you keep breaking them?

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What would you no longer tolerate for you if never crossed the *line in the sand of let-down* for yourself?

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What could it feel like if you always showed up for yourself first? (What would go, what would stay?)

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Where (if anywhere) can you build respect and credibility for your Self?

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What may happen if you stopped taking your own Self for granted?

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What will it take for you to decide your own needs are a priority?

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Where are you saying words and not believing them?

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What if you called yourself on your own BS reasons and excuses?

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What may happen if you never again called yourself off being you at the last minute?

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What would like be like if you no longer gossiped about yourself or told yourself lies about who you think you are?

