

Minding Your Own Business

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What do you think of first when you hear "mind your own business"?

Pick a person in your life that you tend to get into their business:

- Why do you think you're not minding your own business when it comes to that person?

- What steps can you take to start minding your own business?

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Pick a person in your life who is not minding their own business when it comes to you:

- How do you react when you feel that they are in your business?

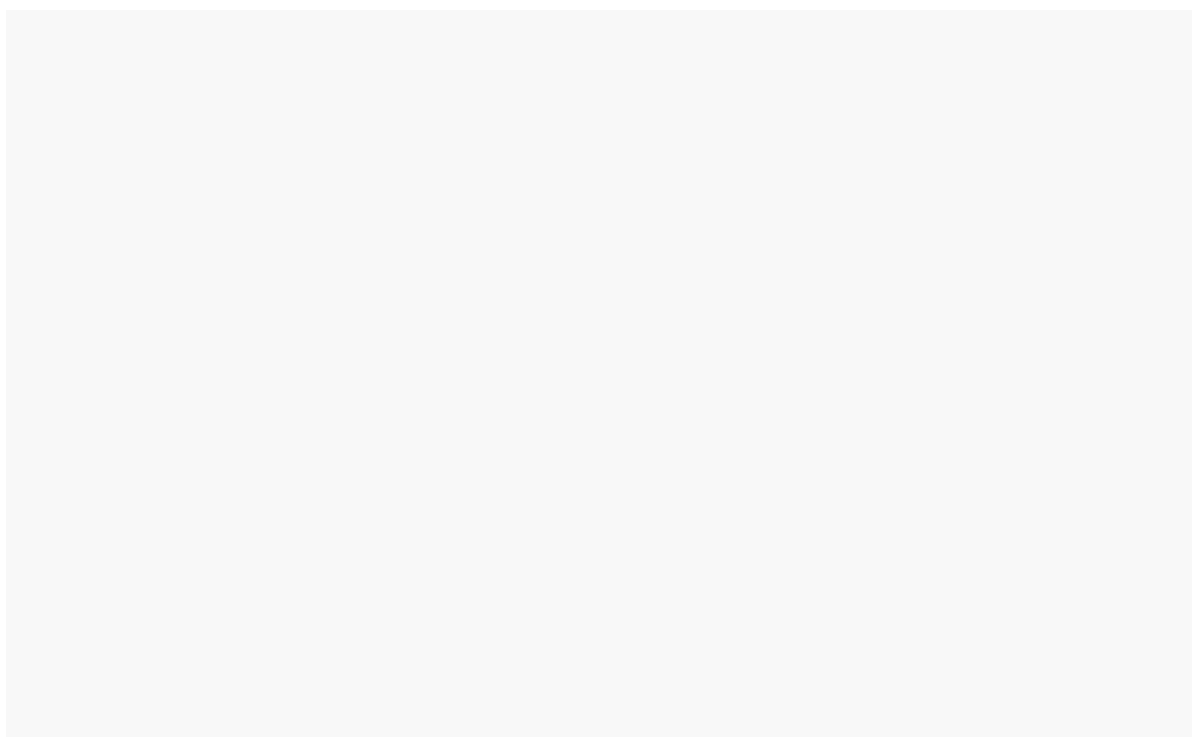
- What boundaries do you want to set in that relationship?

- What concerns come up when you think about setting those boundaries?

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What would it look like if you did things the way that you want to do them instead of the way you think other people expect you to do them?



For more information on how minding your own business can leave you feeling less stressed and improve your communication skills - across any relationship - please visit www.TheArtOfLivingConsciously.com

