



EXPLORE YOUR QUESTIONS



How Can You Embrace the Joy of Missing Out?

Are you susceptible to FOMO?	What if you could trade in your fears for joy?
<p>You've experienced a recent setback.</p> <p>You often compare your life to other people.</p> <p>Your measures of success are primarily external, rather than internal ones.</p>	<p>Are you willing to surrender the idea that you <i>should</i> have it all?</p> <p>Are you open to placing your attention on what's already present in your life?</p>

Common thoughts behind our Fear Of Missing Out:	
We might miss something incredibly cool.	An opportunity might slip away.
<p>How many things are sitting unused or under appreciated in your home today?</p> <p>Can you recall when they were still bright and shiny, must-have purchases?</p> <p>Did any of them change your life for the better in a lasting way?</p> <p>Or did the thrill of possessing them fade after they were obtained?</p> <p><i>Embrace the joy that comes from acknowledging that you have enough, you are enough.</i></p>	<p>How many <i>limited time offers</i> have you seen come again?</p> <p>Is an experience less valuable if you wait to enjoy it?</p> <p>Can you acknowledge that you can't pursue every opportunity?</p> <p>Why waste time worrying about ones that have already passed by?</p> <p><i>Embrace the joy of having more time to pursue experiences that matter to you.</i></p>

Common thoughts behind our Fear Of Missing Out:	
We might be left out of a social circle.	Our lives might be less if we miss out.
<p>Do you want to be living for more than keeping up with the latest gossip or trends?</p> <p>Will the people in your life will still be there even if you miss an occasion?</p> <p>Do you desire more for your time?</p> <p>Do you want experiences that fulfill you and promise real connection?</p> <p><i>Embrace the joy of having the ability to choose how to spend your time.</i></p>	<p>Do you feel like a consumer of other people's stories?</p> <p>Do you find yourself longing for what you assume others are having?</p> <p>Has FOMO caused you to stop living your own life with mindful attention?</p> <p><i>Embrace the joy of living with less... Less frantic following, less comparison, less feelings of inadequacy, less of letting your own life pass you by.</i></p>

What would you like to miss out on?		
What are you worrying about?	What are your fears?	What would you rather move towards?
Not seeing... _____	Are they really true?	More time to... _____
Not sharing... _____	Are they helping you live a better life?	More energy for... _____
Not doing... _____	Will they matter in the long run?	More connection with... _____

What can you do to make the shift from fear to joy?			
Adjust your awareness	Tune into the world around you.	Be mindful of the present moment	Focus on gratitude
Shift your focus away from fear.	What do you already have?	Pause and breathe deeply.	Choose to embrace the joy.
How you can make the most of what you already have?	How can you focus on the people and events that bring you joy?	How can you embrace the freedom that comes from feeling, being, and living with enough?	