

90 Prompts for 90-day Blame-Free Challenge

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Note: this document is adapted from the online 90-day Blame-Free Challenge.

SEQUENCE OUTLINE

1. Commit (1 day)
 2. What is healthy responsibility? (4 days)
 3. Notice
 - a. Reactive Brain vs. Creative Brain (5 days)
 - b. The results you're creating (5 days)
 4. Choose a new action
 - a. Unarguable Truth (SEW)—(3 days)
 - b. Lists on Coggle (16 days)
 5. Would you rather be right or be happy? (2 days)
 6. Move out of the Drama Triangle (8 days)
 7. Letting go of toxic beliefs (5 days)
 8. Do things where you feel in flow (3 days)
 9. Use your new energy to express your essence (6 days)
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INTRODUCTION

Welcome to the 90-day Blame-Free Challenge! We're so glad you decided to step into the hugely transformational practice of dropping blame in exchange for vitality, connection, and possibility.

Our intention is to give you daily prompts that will help you see and think about the nature of blame, and the impact it has on your life. We'll provide you with ideas as well as plenty of new actions to take. We ourselves are familiar with the big question: "If I'm

not blaming, what do I do instead??!" So we'll learn alongside of you as we all find brand new, even evolutionary ways to be.

By the way, blaming is a hard habit to break. You get to commit and recommit as many times as you need to. By joining in with this new community that is striving to live beyond blame, we're on a powerful path of transformation together.

Are you excited? We are! Let's go!

Here's your Day #1 prompt:

Download the document, "Ten Guidelines for Living a Blame-Free Life". Print it out and find a visible way to keep it in your awareness (put it on the fridge, in your car, on your phone, etc). Get out a journal to really track your progress over these next 89 days. And remember: We'd love to read your comments and watch your videos on Facebook.

WBB Prompt Day #2: Today is your day to notice your old commitment.

According to Gay and Kathlyn Hendricks (www.Hendricks.com), commitment is an organization of energies in a particular direction. You can tell what you're committed to by the results you're creating. Gay and Katie also stress that, with a new commitment, it's important to understand that you can recommit as many times as it takes.

So today is about getting clear about your old commitment. That might sound like: "I'm committed to blaming other people as often as I can" or "I'm committed to blaming myself and seeing myself as a bad person" or "I'm committed to using blame as a hot potato when I feel reactive."

From the results that you've created (around blame), what is your old commitment?

WBB Prompt Day #3: Making a new commitment.

Now that you're aware of your old commitment, are you ready to make a new one? Remember, you get to recommit as many times as it takes.

Here's a suggestion for a new commitment (please use your own if you prefer): I commit to living my life in vitality, connection, and possibility. I commit to knowing myself to be the source of my life circumstances. Say your commitment out loud (breathing and moving helps!) and write it down.

WBB Prompt Day #4: What does blame mean to you?

For the next few days, you'll spend your time just noticing. Today, notice what blaming is for you. The dictionary definition is: "To assign responsibility for a fault or wrong." How do YOU define blame?

WBB Prompt Day #5: What does blame feel like?

Notice: What does blame feel like in your body? What are the sensations that go with you blaming someone else?

WBB Prompt Day #6: What does it feel like to be blamed?

Notice: What does blame feel like in your body? What are the body sensations that go with someone else blaming you?

WBB Prompt Day #7: What does it feel like to blame yourself?

What does blame feel like in your body? What are the sensations that go with you blaming yourself?

WBB Prompt Day #8: What does it feel like when people around you are blaming others?

Congratulations! You've been doing the Blame-Free Challenge for a week! What does blame feel like in your body? What are the sensations that go when someone blames someone other than you?

WBB Prompt Day #9: What's the impact of blaming?

Notice: What happens right after you blame? That is, what is the impact of your blaming?

WBB Prompt Day #10: What happens when someone else blames?

Notice: What happens right after someone around you blames? That is, what is the impact of their blaming?

WBB Prompt Day #11: How much time do you spend blaming?

Notice: What amount of your time are you blaming something or someone (including you) in your thoughts?

WBB Prompt Day #12: What happens when you choose not to blame?

Notice: When you choose not to blame, what does that feel like in your body?

WBB Prompt Day #13: What can you do instead of blaming?

Notice: What do you do when you choose not to blame? What do you fill that space with?

WBB Prompt Day #14: Media and blame

Consider the media you are consuming (TV, music, movies, online news, radio, newspapers, magazines). What do you notice about how different media use blame?

WBB Prompt Day #15: Choose a new action: BREATHE!

We're going to intersperse ideas about blame (and its alternatives) with ways to practice substituting it with new actions (or at least, noticing blame and then having a do-over with something different.). Today, when you notice blaming, substitute it with (or follow it by) taking a good, belly-expanding BREATH.

WBB Prompt Day #16: Media and blame and the impact on you

Congratulations on sticking with the Blame-Free Challenge for two weeks!

Now that you're more aware of the media and blame, what body sensations do you notice when you read, watch or hear something blaming?

WBB Prompt Day #17: Choose a new action: MOVE!

Today, when you notice blaming, substitute it with (or follow it by) MOVING YOUR BODY! You can go BIG (shake that thang) or small (even a little toe wag would help). It's all about interrupting patterns.

WBB Prompt Day #18: Healthy responsibility is the ability to respond.

We view healthy responsibility as “the ability to respond.” In other words, the ability to be with what is happening in the moment and take conscious action. What does healthy responsibility mean to you?

WBB Prompt Day #19: Choose a new action: LOSE YOUR MIND!

Today, when you notice blaming, substitute it with (or follow it by) doing something that your mind is apt to not approve of. Sing a song, whistle a tune, hop on one leg—anything to (yes), INTERRUPT THE PATTERN!

WBB Prompt Day #20: Healthy responsibility is not about assigning fault.

Today, watch your impulse to see whose fault it is. Is it the government's? The criminal's? Your mother's? Your boss'? Your partner's? Yours??

WBB Prompt Day #21: Choose a new action: WONDER!

Today, when you notice blaming, substitute it with (or follow it by) WONDERING! Gay and Katie Hendricks would have you hum a deep and vibrating HMMMMMMMMMMMM. Open your hands—look up to the sky—ask a new question about something you've never thought about before.

WBB Prompt Day #22: Healthy responsibility means taking your power back.

Hey, nice job—you've been doing this Blame-Free Challenge for three weeks now!

Blaming someone is a hot potato move. You react and toss the hot potato away. But the bad news is that your power (to take action, to change the situation) goes with it. Today watch what happens as you toss the hot potato of blame; and see what happens if you don't.

WBB Prompt Day #23: Choose a new action: PLAY!

Today, when you notice blaming, substitute it with (or follow it by) PLAYING! Playing means following an impulse, getting out of your head, letting yourself try something new. Try it—because you know you’re (wait for it.....) INTERRUPTING A PATTERN!!

WBB Prompt Day #24: Healthy responsibility means 100% responsibility, not more, not less.

Today, watch when you take more or less than 100% responsibility for a situation.

WBB Prompt Day #25: Choose a new action: APPRECIATE

Wouldn't it be strange if, instead of blaming, you shifted into noticing what you appreciate? Try this: today, when you notice blaming, substitute it with (or follow it by) an appreciation. This can be pretty fun and enlivening.

WBB Prompt Day #26: Blame means taking less than 100% responsibility.

Today, notice how blaming takes you out of 100% responsibility, which means you're no longer able to respond or be in your full power.

WBB Prompt Day #27: Choose a new action. Ask an empowering question: HOW AM I CREATING THIS?

Today, when you notice blaming, substitute it with (or follow it by) asking "How am I creating this?"

WBB Prompt Day #28: Viewing yourself as a victim

Let's play with what it means to view yourself as being a victim (of others, of circumstances). We suggest that seeing yourself as a victim means you view yourself as "at the effect of" something or someone else. How would you describe it?

WBB Prompt #29: Choose a new action. Ask an empowering question: WHAT CAN I LEARN FROM THIS FEEDBACK?

You've been doing this Blame-Free Challenge for FOUR WEEKS. WAY TO GO!!

All beings thrive or die by either being tuned in to the feedback they receive from the world, or by ignoring it. Today, when you notice blaming, substitute it with (or follow it by) asking “What can I learn from this feedback?”

WBB Prompt Day #30: Your thoughts, and seeing yourself as being “at the effect of.”

Watch your thoughts. What do they sound like when you are seeing yourself as “at the effect of” something or someone?

WBB Prompt Day #31: Choose a new action. Ask an empowering question: WHAT CAN I LEARN FROM THIS EXPERIENCE?

Today, when you notice blaming, substitute it with (or follow it by) asking “What can I learn from this experience?”

WBB Prompt Day #32: What you say to others, and being “at the effect of.”

This prompt is crucial, so take your time with it. Observe what you say. What words do you use when you are seeing yourself as “at the effect of?”

WBB Prompt Day #33: Choose a new action. Ask an empowering question: HOW IS WHAT IS HAPPENING PERFECT FOR ME?

Today, when you notice blaming, substitute it with (or follow it by) asking “How is what is happening perfect for me?”

WBB Prompt Day #34: Other people seeing themselves as “at the effect of.”

Watch other people. What words do they use when they sound like they are “at the effect of?”

WBB Prompt Day #35: Choose a new action. Ask an empowering question: WHAT DO I REALLY WANT?

Today, when you notice blaming, substitute it with (or follow it by) asking “What do I really want?”

WBB Prompt Day #36: Celebrate and notice!

You've been doing the Blame-Free Challenge for 5 (count 'em), FIVE weeks now! Congratulations! What do you notice about blaming at this point?

WBB Prompt Day #37: Home, work, and "at the effect of."

Pay particular attention to those places you spend the most time (at work, at home). What do you notice is the predominant attitude? How much of the time are people viewing themselves or others as being "at the effect of" something or someone?

WBB Prompt Day #38: Choose a new action: SAY SOMETHING UNARGUABLE (S.E.W.: SENSATIONS)

Blame is always arguable. (The only criterion for being arguable is "can someone argue with me about this?") Using unarguable language shifts you immediately out of blame. There are three things that no one can argue with (though you can, for sure, argue with that statement!): Your body sensations, your emotions, and what you want. (Body sensations are simple, things like—are you thirsty? Is your stomach in a knot? Do you feel an open flow of energy passing through your body?)

Today, when you notice blaming, substitute it with (or follow it by) describing any body sensations you're having.

WBB Prompt Day #39: Media and victim language/images

Notice whatever media you are currently consuming. How do they use victim language and/or images?

WBB Prompt Day #40: Choose a new action. SAY SOMETHING UNARGUABLE: (S.E.W.: EMOTIONS)

Emotions are unarguable. They link up with sensations. For example, a tight jaw generally means you're angry. A heavy chest or lump in your throat means you're sad. A knotted stomach=you're afraid. Expansive flow through your body signals glad emotions; genital arousal or overall sensations of warm, big energy tells you you're feeling sexual. Got 'em? Mad/sad/glad/scared/sexual.

Today, when you notice blaming, substitute it with (or follow it by) describing any body sensations you're having, then link those with the emotions they're signaling (mad/sad/glad/scared/sexual). For example: "My throat is tight and my chest is tight. I feel sad."

WBB Prompt Day #41: Media, victim mentality, and your body.

Notice whatever media you are currently consuming. What's the impact of the victim language or images on your body?

WBB Prompt Day #42: Choose a new action. FEEL YOUR FEELINGS!

Have you noticed that many of us are good at saying what we feel, but not necessarily feeling what we're saying we feel?

Today, when you notice blaming, substitute it with (or follow it by) describing any body sensations you're having, then link those with the emotions they're signaling (mad/sad/glad/scared/sexual). Now take time to ACTUALLY FEEL THOSE EMOTIONS. In your body. Until they've moved through and you feel better. This can take less than one minute!

WBB Prompt Day #43: Media, victim mentality, and your behavior

Tune into whatever media you are currently consuming. What's the impact of the victim language or images on your behavior?

WBB Prompt Day #44: Choose a new action. SAY SOMETHING UNARGUABLE:

(S.E.W.: WANT)

What you want (or don't want) is unarguable. You don't have to defend or justify what you want. You want it because you want it—and that's the best reason there is.

Today, when you notice blaming, substitute it with (or follow it by) describing any body sensations you're having, then link those with the emotions they're signaling (mad/sad/glad/scared/sexual). Top it all off with What You Really Want. For example: "My throat is tight and I feel sad. What I really want is ..."

WBB Prompt Day #45: Reactive Brain

Blame and Reactive Brain go hand-in-hand. As soon as “something happens,” that is, our brains decide that there is some sort of threat to us and go into an automatic response to that threat, we are apt to immediately search out the source of that threat. And blame it. So getting to know your Reactive Brain will help you have some ability to choose a new response.

Today, just notice the signs that you’re in Reactive Brain. These could include: Increased heart rate, contracted muscles, feeling flushed or cold, and going into narrow focus.

What are your own signals that you’re in Reactive Brain?

WBB Prompt Day #46: Celebrate and notice!

You’re half-way through the Blame-Free Challenge! Take today to breathe and appreciate what you’ve been up to. What do you notice are the effects of being part of this challenge?

WBB Prompt Day #47: Reactive Brain and thinking

Now that you know some signs that you’re in Reactive Brain, be a scientist and see the impact of your Reactive Brain on your functioning. Today, what happens to your thinking when you’re in Reactive Brain?

WBB Prompt Day #48: Choose a new action: MAKE IT BIGGER!

When you’re in Reactive Brain, there’s lots of adrenaline and energy. Today, when you notice you want to blame (which means you’re in Reactive Brain), let the energy flow. Make it bigger! Blame with your whole body. Wag your finger, shake your fists! Notice what happens when you allow the energy to flow.

WBB Prompt Day #49: Reactive Brain and Narrow vs Open Focus

In his book, *The Open Focus Brain*, Les Fehmi talks about what happens when we’re in Narrow Focus (we focus in on what’s wrong) and when we’re in Open Focus (we see what’s right and possible). Because we have roles where we’re supposed to do urgent problem-solving, many of us spend much of our time in Narrow Focus.

Today, notice your own focus. Are you mostly oriented to what’s wrong? Can you widen your focus to notice what is right?

WBB Prompt Day #50: Choose a new action: BE AN ANIMAL!

Animals don't get stuck in blaming. They bark, growl, roar, whimper and are done with it. Today, when you notice you're blaming, be an animal instead. Really—nonverbal growling will help you much more than those mean words in your head. And you're sure to have more fun!

WBB Prompt Day #51: Open Focus and New Ideas

Now that you can notice when you're in Narrow Focus vs. Open Focus, see what state you're in when you're able to generate new ideas.

WBB Prompt Day #52: Choose a new action: SWITCH BETWEEN NARROW AND OPEN FOCUS.

Play around with switching between Narrow and Open Focus Brain. First practice Open Focus: Look out in front of you. Without moving your head or eyes, start using your peripheral vision. See if you can expand it out so that you're seeing 180 degrees in front of you. Blur out a little. Check in with your body—do you feel more relaxed?

Today, when you notice you're blaming, shift out of Narrow Focus into Open Focus Brain.

WBB Prompt Day #53: Creative Brain and Positive Thinking; Reactive Brain and Negative Thinking

Another impact of Reactive Brain is that its survival orientation quickly shifts us into negative thoughts. Today, watch for how your Creative Brain generates positive, expansive thoughts, while Reactive Brain will instantly bring on the negative.

WBB Prompt #54: Noticing your thoughts will tell you if you're in Reactive Brain or Creative Brain.

Today, see if you can notice your thoughts (whether they're positive or negative) as a way to discern whether you're in Reactive Brain or Creative Brain.

WBB Prompt Day #55: Choose a new action: NOTICE YOUR NEGATIVE, SHIFT TO THE POSITIVE.

WHOOOP, WHOOOOOP!! 6 WEEKS INTO THE CHALLENGE!!

A cool thing about humans is that we can change our thoughts. Today, notice any negative, blaming thoughts and replace them with positive thoughts.

WBB Prompt Day #56: Other as Friend or Foe

One of the fastest things our brain is coded for is: Is this a friend or a foe?

When we're in Creative Brain (coming from essence/who we are at our core), we mostly view others as friends. The switch to Reactive Brain (coming from one of our many personas, our ego response) means an immediate change to: You are my enemy.

Today, watch when your Reactive Brain switches those around you from Friends to Foes.

WBB Prompt Day #57: Choose a new action: CHANGE FROM FOE TO FRIEND

Give yourself a big hand—you've been doing this challenge for 6 WEEKS.

OK, you're ready for this. You've been practicing. Today, you have a big challenge: Notice when you're coding someone, anyone, as a Foe and see if you can do some things (breathe, move, shift to open your focus, wonder, lose your mind, imagine others' perspectives etc) to see them as Friend.

Try it and post your experiences in the comments below.

WBB Prompt Day #58: Notice your results of your interactions—Resistance or flow?

Gay and Kathlyn Hendricks teach that, to see what you're really committed to, look at the results you're creating. So now let's notice results.

Today, watch your interactions. These might be with your intimate other, family members, co-workers, or people you randomly run into. Do you notice a sense of resistance or of flow in the interactions?

WBB Prompt Day #59: Choose a new action: FROM RESISTANCE TO FLOW

Today, watch when you're in resistance to anything (traffic, paying a bill, your child kept you up in the night, your boss' feedback). You'll feel it in your body. See if you can create flow (breathe, move, wonder—you know the list...)

WBB Prompt Day #60: Notice your results of your interactions—Tired or energized?

Today, watch how your interactions with others go, and see if you feel more energized or more tired afterwards.

WBB Prompt Day #61: Choose a new action: CHOOSE WHAT ENERGIZES YOU.

Can you believe that you've been doing the Blame-Free Challenge for 60 days?! Way to GO!

Today, when you notice blaming, shift by deciding what you would like to do that would energize you more than blaming might.

WBB Prompt Day #62: Notice your results of your interactions—Defensive or open-hearted?

Today, watch how your interactions with others go. Do you feel more defensive or more open-hearted afterwards?

WBB Prompt Day #63: Choose a new action: OPENING YOUR HEART

Today, if you blame, put your hand on your heart. Take a good big breath right there. Enjoy the feeling of it opening up.

WBB Prompt Day #64: Notice your results of your interactions—Do you get what you really want?

Today, watch how your interactions with others go. What's the outcome? Are you getting what you really want?

WBB Prompt Day #65: Choose a new action: LET YOURSELF KNOW WHAT YOU REALLY WANT.

Getting to the bottom line of what we really want is a step into power. Today, slow down and notice: What is it that you REALLY want?? The true bottom line?

WBB Prompt Day #66: Notice your toxic belief: THIS SHOULD NOT BE HAPPENING.

The beliefs that “This should not be happening!” or “This should not have happened” lead straight into blame. (For example: The bill didn’t get paid on time; that should not have happened; so who’s fault is it?!) Today, notice when you have a reaction to some event that has the belief “this should not be happening!” behind it.

WBB Prompt Day #67: Choose a new action: INSERT A NEW, LIFE-AFFIRMING BELIEF: IT IS WHAT IT IS.

Today, if you notice any times that you’re resisting what is (and so wanting to blame), shift to a new belief: It is what it is.

WBB Prompt Day #68: Notice your toxic belief: I (YOU) DID THAT WRONG.

Looking at the past and judging it to be wrong leads straight into blame. Today, notice when you have a reaction to some event that has the belief “I (or YOU) DID THAT WRONG” behind it.

WBB Prompt Day #69: Choose a new action: INSERT A NEW, LIFE-AFFIRMING BELIEF

Today, if you notice any times that you’re resisting what is (and so wanting to blame yourself or someone else for making it that way), shift to a new belief:

WBB Prompt Day #70: Notice your toxic belief: MY JOB IS TO CONTROL MYSELF.

Trying to control anything—yourself, others, the world—leads to resistance. Resistance leads to pushback and energy drain, which leads to blame (“Why didn’t I?!” “What’s wrong with me?!”)

WBB Prompt Day #71: Choose a new action: INSERT A NEW, LIFE-AFFIRMING BELIEF: ALL IS WELL.

Today, when you notice that you’re giving yourself a hard time for something that’s happening, shift to a new belief: ALL IS WELL. I CAN LET GO AND BE IN FLOW.

WBB Prompt Day #72: Notice your toxic belief: MY JOB IS TO CONTROL THOSE AROUND ME.

Trying to control anything—yourself, others, the world—leads to resistance. Resistance leads to pushback and energy drain, which leads to blame (“Why didn’t you...?!” “What’s wrong with you??!”)

WBB Prompt Day #73: Choose a new action: INSERT A NEW, LIFE-AFFIRMING BELIEF: ALL IS WELL. I CAN LET GO AND BE IN FLOW.

Watch your impulse to control other people. (Blame is a fabulous maneuver for controlling others.) See what happens when you follow that with a good, deep breath and a thought like ALL IS WELL. I CAN LET GO AND BE IN FLOW.

WBB Prompt Day #74: Notice your toxic belief: MY JOB IS TO CONTROL THE WORLD THROUGH MY APPROVAL AND DISAPPROVAL.

Trying to control anything—yourself, others, the world—leads to resistance. Resistance leads to pushback and energy drain, which leads to blame.

WBB Prompt Day #75: Choose a new action: INSERT A NEW, LIFE-AFFIRMING BELIEF: ALL IS WELL. I CAN LET GO AND BE IN FLOW.

Notice when you put your energy into trying to control the world by passing judgement or making someone or something wrong. See what happens when you follow that with a good, deep breath and a thought like ALL IS WELL. I CAN LET GO AND BE IN FLOW.

WBB Prompt Day #76: Notice when you’re in the Karpman Drama Triangle.

Stephen Karpman created the Drama Triangle in 1968. The Triangle relies on trying to figure out “who’s to blame here!”

The Drama Triangle has three roles: Victim, Villain, and Hero. You can jump into the triangle by taking on any of those roles. Once you’re in the Triangle, a vortex of blame and reactivity pulls you to stay there (and pull others in there with you). You can move around from one position to the next either by yourself or with one person, two people, several others, or even entire groups.

Symptoms that you're in the Triangle include: You're in Reactive Brain; you want to blame (someone else, something else, or yourself); you feel stuck in power struggle.

Today, notice whether you're in the Drama Triangle.

WBB Prompt Day #77: Choose a new action: SHIFT OUT OF THE TRIANGLE

You've been doing this for 77 days now. You know how this works. Use one—or many—tools in your repertoire to shift out of whatever role you're in.

WBB Prompt Day #78: What are your favorite roles? Victim? Villain? Hero?

Today, notice what roles you most often frequent. Do you favor the Victim? Victims whine and take less than 100% responsibility. The Villain? Villains attack and blame, taking more than 100% responsibility. The Hero? Heroes help without being asked, taking more than 100% responsibility. And remember that, even though the Hero position sounds like a good idea, it leads to as much stuckness as the Victim and Villain.

WBB Prompt Day #79: Choose a new action: NOTICE YOUR ROLE AND SHIFT BY SAYING SOMETHING UNARGUABLE.

Remember speaking the unarguable — S.E.W.? Pop quiz: What does each letter mean? Today, notice if you're in the Victim, Villain, or Hero role and then say something unarguable.

WBB Prompt Day #80: Use your new energy to express your essence!

After 79 days of this challenge, you're READY. Through this challenge, you've taken all kinds of steps to take your power back, to use your energy wisely instead of dumping it down the blame drain. For these last 10 days, we'll be focusing on what you can do with all of that extra energy.

Today, notice the difference between the stress response produced by Reactive Brain, and the health/rebuilding response generated by Creative Brain. (This is pretty much an either/or; you use up energy in the stress response of RB, you generate health and rebuilding while in CB.)

WBB Prompt Day #81: Choose a new action: WHEN YOU'RE IN REACTIVE BRAIN, SHIFT INTO CREATIVE BRAIN.

These 90 days have really been about you reclaiming your life—your energy, your health, your relationships with others and yourself, your creativity, the possibilities that are your future. After all of these days and weeks, you might have noticed that moving beyond blame really means moving out of stress and reactivity and into health, creativity, and possibility. The big skill comes down to your ability to move out of Reactive Brain and shift into Creative Brain.

Today, make this shift. Watch your new ability to generate new energy and to step into vitality, connection, and possibility.

WBB Prompt Day #82: Focus on doing what you most love!

With the space left by you no longer blaming, and the additional energy that you're generating by spending more and more time in Creative Brain, take a look at your life. Are you doing what you love to do? Would you like to spend more of your time doing what you love?

WBB Prompt Day #83: Choose a new action: MAKE A LIST OF WHAT YOU MOST LOVE TO DO.

What gives you joy? What do you spend your time on where there is, in fact, a sense of timelessness? Would you be willing to use your new-found energy to focus on doing what you really love?

WBB Prompt Day #84: Living an authentic life.

You've been learning a list of powerful skills. They all lead to you living a more authentic life. Specifically, speaking the unarguable truth (S.E.W) and moving out of the stranglehold of the roles of the Karpman Drama Triangle (Victim, Villain, Hero) will take you directly into who you really are. You're connecting with your body, your emotional world, and what you really want; you're giving up old roles that cut you off from expressing your true, essential self. Sit back and look around at the changes you've made and how your real self is emerging.

WBB Prompt Day #85: Choose a new action: COMMIT TO YOUR OWN AUTHENTICITY.

Remember the importance of commitment, way back in Prompts #1 and #2? Here's your chance to fully commit to YOU. What commitment would you like to make? It might sound like: I commit to fully expressing my authentic self, every moment of every day.

WBB Prompt Day #86: Where do you feel in flow?

What is flow for you? Mihály Csíkszentmihályi, the originator of this term, defines flow as “the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.” How much of your life do you spend in flow?

WBB Prompt Day #87: Choose a new action: GIVE YOURSELF REGULAR DOSES OF FLOW.

Flow can happen for moments or hours. It can come from all kinds of activities, such as immersing yourself in creating art, cooking, writing, or playing computer games. Today, play around with finding flow and note what you're doing for future reference!

WBB Prompt Day #88: Living from essence!

Can you believe what you've learned to do in the last 87 days? Speaking what is unarguable; shifting out of Reactive Brain into Creative Brain; using life-affirming beliefs; being conscious about shifting out of blame and into wonder, appreciation, play, and discovery—all of these tools shift you from living in a low, dense vibration to a higher, more expanded state that is your essence. Can you see your essential self showing up in your life?

WBB Prompt Day #89: Choose a new action: CELEBRATE YOUR ESSENTIAL SELF!

Have some fun with this. Gather photos and other images that reflect your real self; create your own essence playlist; write your own manifesto; surround yourself with colors, fragrances, and textures that support who you really are.

WBB Prompt Day #90: CELEBRATE! YOU DID IT!!

You have hereby completed the 90 Day Blame-Free Challenge. You've answered the common question: What do I do if I'm not blaming?? You've shifted your attention from what is wrong to what is right, beautiful, miraculous, amazing. You've decided to stop sending your precious life energy down the blame drain and to invest it wisely where it will pay off incredible dividends: In your health. In your authenticity. In being your biggest, most essential self. Thank you for walking this path with us and for supporting a whole new world—a World Beyond Blame.