

PODCAST STUDY GUIDE

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# Accepting Reality

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## EPISODE 66

Accepting reality and taking responsibility sometimes feels scary. Letting go of or being willing to look at things you believe about yourself, your body, and your journey can be overwhelming.

Telling the truth here is powerful too.

Ask yourself:

- What would telling the truth to yourself sound like for you?
  
  
  
  
  
  
  
  
  
  
- What would accepting reality look like?
  
  
  
  
  
  
  
  
  
  
- What would it feel like?
  
  
  
  
  
  
  
  
  
  
- What tiny and monumental shift might you make?

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*Natalie Brown*

IT BEGINS WITH A THOUGHT COACHING