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# Listener Questions Part 1

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## EPISODE 84

When you are focused on what it feels like to be you, on what you have accomplished, what you have done, what it's like to be in your body, you feel good.

However, when you focus instead on what you look like, how others see you, and how you are perceived, you feel bad.

It isn't your body that changes, and you don't have to change your body to feel different. Decide how you want to perceive or think about yourself, no matter what you see on the outside.

Decide that you want to focus on how you feel, on what you've done, and not how others see you.

Decide that your value is innate and is not determined by the scale or the mirror.

### **Think about your body and ask yourself:**

- What are some of the things your body does for you?
- How do you feel in your body in your daily life?
- If there was no feedback from the outside world, you were alone with no mirrors or cameras, what would it feel like to be in your body?