

# GET OUT OF YOUR HEAD by Peter Francis

## EXCERPT

### What's in Your Head?

There's only one person standing in your way and, spoiler alert, it's you. Don't let this be the case anymore, you don't want to be wishing you'd been able to speak to your past self (this present self) and tell it to stop worrying or to take more chances. You want to look back at the person you were and thank them for the incredible life they lived.

It all starts with you, right now.

There are stories in our heads about how things are supposed to go and what we need to do. Expectations are piling up from everyone surrounding us, stacking their judgments on top of your own personal judgments, creating a mountain of self-esteem crushing thoughts and behaviors waiting to be sifted through.

Do we really know what's happening outside of our heads anymore? In our bodies? In our everyday lives? In our relationships? The answer is most likely no, or maybe maximum 50% yes but the point is it's not a 100% yes.

We rarely know what is going on around us anymore because of the blinders we put in our brains so that we can focus solely on our 'productive' lives of constant work, heading for an inevitable burn out because of our overachieving tendencies. The questions posed in the previous paragraph should act as your beginner's guide; if you answered no to any of those questions, read on. If you answered yes to those questions, you must read on because there is a big chance you were not exactly transparent with yourself.

In this book we will describe tried and true methods for setting goals, forming habits, designing routines, and scheduling weeks to stop negative thoughts and become a more effective version of yourself. We discuss the importance of self-care and why you should include meditation in both your self-care and daily routines to reduce stress and create mindfulness. Finally, we will move into the interdependent aspect of the work addressing how the state of our minds can influence our relationships, how to reach out when you might need help, and how to ultimately let go of what is no longer serving you.

There is a lot to learn so take your time, there's no rush. Please feel free to use this as a guide in life, a reference that you can return to when needed.