

DANIELA'S STORY

“THERE'S JUST NOT ENOUGH TIME”

Unpacking the myth and making room for magic



Meet Daniela, 16-year-old Student

Daniela has a fear of running out of time and not being able to achieve all she wants to in life. Sound familiar?



Tony points out that this is what the mind will do at any age.

Exercise 1: Have you ever had an idea about where you should be at a certain stage of life?

What did it mean when you didn't make it to where you thought you should be?

Who assigned you that timeline? Was it yourself? A loved one? Society? Take a moment to unpack where the expectation came from.

What would it look like to honor where you are currently and where you've been in the past? To acknowledge all your hard work and effort, despite not meeting an expectation?

A Mantra to Try:

"I'm going to take my time. Life is too short to rush. I'm going to slow down and enjoy myself. I don't want to miss the little things because I'm in a rush."

Stories: What's yours?

“Change your story, change your life. Divorce the story of limitation, and marry the story of truth and everything changes.”

Oftentimes we carry with us stories that are not always helpful. In fact they can not only be painful, but detrimental to our growth as humans.

What was Daniela's story she carried with her?

Describe what it must have felt like for Daniela to carry that story around.

Key Takeaways: Daniela struggled with wanting to please everyone around her, but true happiness was found when she loved herself for who she *already was*.

Her illusion of time created added pressure to achieve accomplishments that would please others, but ultimately still left her feeling unfulfilled.

What's your current story you're carrying around about where you should be or what you should be doing?

What would it mean to divorce that story? How might life look different?

The Power of Breath: A Moment with Sage



Sometimes all it takes is to come back to our breath.

Try It: Take 10-20 deep inhales and exhales to find your inner coherence.

Who feels overwhelmed at times? Who feels crazy at times? Who feels not enough at times? Who feels not enough at times? Who feels stacked at times?

“No matter who we are or where we come from, these feelings are part of the human experience.”

Exercise 2: Describe a time when you felt overwhelmed.

What did your body feel like in this overwhelm? What was your heart rate like? Your movements? Your thoughts?

Now describe a time when you felt total peace, not because your circumstances were peaceful, but because you tapped into something inside yourself and claimed that peace. What was your heart beat like? What did you feel, think? Go back to that moment and recall it deeply.

Is worry and stress a choice in our lives?

The Demon of Time: A Virtual Villain



Tony points out that if we remove the illusion of time, we can return to our true self. We have a choice to step off the rollercoaster of emotions.

Time speeds everything up. Remove the virtual villain, step back, and return to your breath. Return to your heart center. Return to *you*.

Can you feel the difference?

Exercise 3: How do you feel about the concept of time after having watched this intervention?

| *“We can change our lives. We can do, have, and be exactly what we wish.”*