

# IDEASheet Week 36

## Togetherness 5-4

### 8 Dimensions of MOST LIFE-Differentiation

This week we look at what stops us from coming TOGETHER. It is the differences we have. Our primitive brain is wired to protect us from invaders. We hard-wired our brains, for the most part, to think that difference = threat.

Therefore, we move away from those who are different than us. We lose connection and togetherness when we let this reactionary part of our brain dominate our responses.

I grew up thinking tattoos were “bad” and therefore, people with them were “bad”. Well, when my stepkids wanted, and eventually got tattoos, well, that put us at odds.

Now I ask myself the following 3 questions so I can enjoy and prosper in difference. Now, I use differentiation to add color and interest to my life.

How can you do that?

Ask yourself:

1. What can I learn about myself in this experience of difference? \_\_\_\_\_

---

---

---

---

2. Is there something I need to open to? \_\_\_\_\_

---

---

---

---

3. How can I connect with this person and have fun or find a way to help ME? \_\_\_\_\_

---

---

---

---

4. This will help with: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

5. I want to feel \_\_\_\_\_  
more often.

The ACTION STEPS I can take are:

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

I will do \_\_\_\_\_  
(first action step)

By \_\_\_\_\_ (date).

It's that simple.

Are you LIVING it??

Visit us at [mymostlife.com](http://mymostlife.com)

Design IT! DreamIT! Live your MOST LIFE.