

tear out the tags

WHAT IS A TAG? WHAT IS YOUR TAG?

tag noun (l) \ 'tag \ : a label attached to someone or something for the purpose of identification or information.

You live in a world of hashtags, tag lines and price tags. A soaring value is placed on words that follow #, and these words dictate the eyes with which you see the world and the eyes with which the world sees you. What you will discover is that these classifying labels have not only been accepted by you, but have also been "unintentionally attached to the lining of your skin" (similar to how tags are sewn into your clothing). Although your skin is the largest organ in your body there's only so much space for tags to be worn, eventually becoming stacked so thick that your movement is limited by the discomfort of your tags. Imagine for a moment that the shirt you're wearing has hundreds of tags sewn inside. Now, imagine going to a job interview wearing those tags comfortably? **NO THANK YOU!** That would be awful!

What is something you've always dreamed of accomplishing?

Now, Consider this dream. In one tag write a word or phrase that makes you feel incapable and in the other tag list a word or phrase that makes you feel equipped.

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congratulations

You've discovered two of your tags. It's important to understand that you are currently wearing both of the tags that you have listed.

Today you get to keep one and tear one. Which one will you be tearing out?

Proceed in tearing up the one you have chosen to discard. Put the other one on your desk, or your bathroom mirror or somewhere you will see it everyday.

Now, lets do this! Together, we can tear out the tags that are holding you back. Get started by saying hi!

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