

EPISODE 03

60, Now What? with Anne Peshka & Edna White

Whose Life Have You Been Living?

THIS WEEK'S QUESTION:

How many of my biggest decisions were made to keep others comfortable instead of making myself happy?

YOUR ANSWER — write without editing. First thought is always truest. 01 What

roles have you been living that were handed to you instead of chosen by you?

02 If nobody else's opinion mattered, what would you change?

03 What is one decision you could make this week based entirely on what you want?

THIS WEEK:

Choose one small decision this week based entirely on what you want. No permission. No explanation. Just choose yourself.

“You can follow the rules for decades and still wake up wondering whose life you're living.”

“It is never too late to choose yourself.”

“You followed all the rules. You just forgot to write your own.”

60, Now What? · New episode every Wednesday · annepeshka.com · ednawhite.com · [#60NowWhat](https://twitter.com/60NowWhat)