

TRICIAZODY
Another Beautiful Life
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

Episode 117 - Abundant-Life Saboteur: Giving Away Agency

‘Agency’ is defined as the capacity of individuals to act independently and to make their own free choices. It’s where you decide who you are and who you are not. It is your ability to separate your own thoughts and feelings from those of others and to take responsibility for what you think, feel and do. It refers to the thoughts and actions taken by people that express their individual power - their independence.

But it’s possible that you’re giving your agency or power away every day thinking someone’s behavior or words are making you *feel* a certain way.

Make note where you are giving your agency away in any of these areas: To whom or to what, and why?

- You can’t make your own decisions

- You can’t ask for what you need

- You can’t say “no”

- You can’t speak up and feel criticized when you do

- You feel responsible for other people’s feelings

- You seem to take on other people’s moods

- Your identity is wrapped up in someone else

- You are often nervous, anxious, or resentful around certain people

- You are sacrificing your own needs to please another
-

- You are letting another's feelings dictate your own
-

- You are blaming others for your problems or your moods
-

Agency means that you have the capacity to make decisions for your life that are alone your responsibility, no one else's. No one gets to tell you what to do - except for your Heavenly Father. You alone are responsible for how you feel. You get to decide how you want to feel, regardless of anyone else around you.

If you'd like some help getting your agency back, I'd love to be your Life Coach and help you do this. Feel free to email me at: coaching@triciazody.com.