

IF YOU ARE IN A RACE AGAINST YOURSELF, YOU CAN NEVER CATCH UP **worksheet** 14

Too often we think of ourselves as being caught up in the "rat race" of life, struggling to keep up. We externalize it as a race against other people or other things. But this race is really against ourselves, and we can simply never win it.

On this race car write the names of who or what you are racing for in your life, rather than who you are racing against.

Then imagine yourself crossing the finish line.

