

# FOMO No More!

Do you ever feel like you're missing out on something, or have an amorphous sense of "not enough" or "something doesn't feel right"?

A nagging sensation of "success" always being just around the corner, out of reach?

Does that feeling cause anxiety, or frustration, or even sadness?

# This experience can be caused by... FOMO

— DON'T LET —  
**FOMO**  
— KILL YOUR MOJO —

The “fear of missing out” is what happens when scarcity slams into shame. FOMO lures us out of our integrity with whispers about what we could or should be doing. FOMO’s favorite weapon is comparison. It kills gratitude and replaces it with “not enough.” We answer FOMO’s call by saying YES when we mean NO. We abandon our path and our boundaries and those precious adventures that hold meaning for us so we can prove that we aren’t missing out.

But we are. We’re missing out on our own lives. Every time we say YES because we’re afraid of missing out, we say NO to something. That something may be a big dream or a short nap. We need both. Courage to stay our course and gratitude for our path will keep us grounded and guide us home.



*-Brené Brown*  
**#RISING STRONG**

# Recognize Monkey Mind, anyone?

This piece resonated so powerfully with my own experience and pointed to the Monkey Mind that was interfering with my happiness, and my sense of overall satisfaction with my life.

The obvious symptom showing up here is **comparison**. How often do we compare ourselves to others (or to our "past" selves), and find ourselves, or them, lacking, instead of basing the quality of our lives on how well we're demonstrating our Standards of Integrity, and focusing on our most heartfelt life's intentions?

And then there's **scarcity**, that nagging sense of nothing ever being enough. I love this teaching from Euripedes, "Enough is abundance to the wise." When is enough enough?

I also noticed some **martyr** cropping up, particularly when I'm doing something I think I "should", or as Brene pointed out, "Every time we say YES because we're afraid of missing out, we say NO to something."

We might be **justifying** doing something that really doesn't interest us, just because it's there – shiny object syndrome.

And then there's **either/or**. Either I'm in the world making a big difference, or I'm home puttering and being with my family.

# What about you?

What monkey mind comes up  
for you around FOMO?

So, how do we distinguish  
between FOMO and  
a genuine calling to something?

**How do we distinguish between  
monkey mind and “divine discontent”?**

When I looked at this question,  
I was reminded of  
the difference in energy  
between monkey mind and  
our inner voice of wisdom.

# Monkey Mind...

is right, righteous, rigid, defensive, cynical, no possibility, others are wrong, humorless, self-interested, and basically concerned with survival. There is always fear that something could go wrong.

There is a closing around the heart, a sense that you won't make it. There's a sense of urgency. If you feel "I have to get this done right away," it's Monkey Mind.

So....if we're experiencing anxiety or impulsivity, or a sense of urgency, we're probably having a MM conversation about what we should be doing, or what's expected of us, a FOMO conversation.

# Our Inner Voice of Wisdom...

is open, has a sense of possibility, compassionate, and spaciousness. It is characterized by generosity of spirit, gentle humor, and opening around heart.

So... If we're experiencing a sense of curiosity or possibility around something, i.e. doing something differently, creating a new goal that has juice and meaning for us, or dismantling a structure of knowing, then it might be our Inner Voice of Wisdom trying to get our attention.

# Paying Attention

Paying attention to the energy of our “voice” provides us with the opportunity to look, see and tell the truth about what’s really important to us.

Our **Life’s Intentions Inventory** is an invaluable tool here.

What are your 5’s?

What are your **Standards of Integrity**?

How does listening to your Inner Voice of Wisdom help you to demonstrate them?

**“To create one’s own world  
takes courage.” – Euripides**

It takes courage to tell the truth about what’s important to us, about what makes us happy, especially when it isn’t consistent with what the world thinks is important.

To release all the “shoulds” and what “everyone is doing” requires that we be exquisitely aware of who we are, about what’s important to us, and about what we want to do about it.

It means living on our cards and creating goals that are a reflection of what matters most to us... regardless of all of messages we get to the contrary.