

# Oh Grow Up

## Ten Tasks for Mature Wholeness

1



**Unhook from your biological or adopted family's definition of who you are.**

Heal childhood wounds—shame, abandonment, neglect, abuse—and stop letting old ideas about you control your life.

2



**Let go of defenses that you needed as a child which no longer serve you.**

Recover from addictions. Grieve the loss of old defenses, honor how they helped you survive, and develop healthy ways to cope. Learn to trust selectively.

3



**Unhook from cultural pressures to define your worth by doing and achieving.**

Challenge assumptions about who you “should” be as a man or woman. Reject the “culture of never enough” and embrace your true self.

4



**Find your inner beauty and wholeness.**

Discover your spiritual purpose and connect within through practices like prayer, meditation, or yoga. Think, speak, and act positively. Be grateful. Forgive yourself and others.

5



**Let go of abusive, controlling people.**

Create a new spiritual family and community that supports your wholeness. Set clear boundaries, limit time with negativity, and engage in relationships filled with love, compassion, and positive energy.

6



**Find a strategy for making enough money so you can live comfortably.**

Be strategic and mindful in your work and relationships. Avoid traps and tyrants. Live in integrity, be accountable, and make time for rest and quiet.

7



**Dedicate your life to creating more love and peace in the world.**

Find a passion and a cause. Do what you can to make the world better, but let go of needing to control the results. Offer love, compassion, and good energy.

8



**Appreciate your body, your physical and sexual self.**

Stay healthy, respect your body and others. Use your sexuality with respect and integrity. Honor boundaries. Never demean or harass. Respect all people and all orientations.

9



**If you have children, love and guide them.**

But as they grow, release control and support their journey. Give them tools to cope and be there for them. They are gifts from the Spirit.

10



**Live fully, play, be spontaneous.**

Life is a miracle—cherish and enjoy it. Everything changes and ends. We are spiritual beings having a human experience. Don't sweat the small stuff.

*You are amazing.  
Enjoy the journey!* ♥