

## Dressed in white – Exercise to overcome your limits

Sometimes we block and limit ourselves because we want to meet other people's expectations. To step over that barrier get inspired by a ritual of the "Island of Left-handers". At least once a year people used to dress all in white. They did that to signalize their surrounding "I am a different person at the moment. Don't get shocked if I don't behave the way I usually do!" So everyone around the white person could relax and know that they shouldn't take him or her too seriously for that period of time. Dressing white was such a natural part of the culture that people who hadn't dressed white for a while were asked by their friends "I haven't seen you in white quite a long time, don't you want to develop yourself further?"

So try it out and walk around in a white suit and look if you can react differently on used situations, dare more, try out things you have never done. Think about your vision or project in a way you have never thought about it before. And relax because you know that no-one will think bad about you. And just see what happens!

