



Press PLAY Plan Life According to You
Step-by-Step Process for Follow Your Heart Not the Herd Nor the Hurt
By Andrea Mason of Andreamasons.com & Press PLAY – Plan Life According to You LLC

Press PLAY: A Step-by-Step Guide to "Follow Your Heart, Not the Herd Nor the Hurt"

Andrea Mason, founder of Press PLAY Plan Life According to You LLC, advocates for personal empowerment through her PLAY methodology. Here's a structured guide to help you embrace your authentic path:

P – Pause and Reflect

- **Lesson:** Take a moment to step back from the noise of societal expectations and internalize your true desires.
- **Steps:**
Find a quiet space free from distractions.
 1. Close your eyes and take deep breaths to center yourself.
 2. Ask yourself: "What do I truly want?"
 3. Write down your thoughts without judgment.
- **Quote:** "Pause – Take a step back and assess your emotional state." – Andrea Mason
- **Action:** Schedule daily "pause" moments to reconnect with your inner self.
- **Takeaway:** Regular reflection helps you distinguish between your authentic desires and external pressures.

L – Listen to Your Inner Voice

- **Lesson:** Tune into your intuition and trust your inner guidance over external influences.
- **Steps:**
Identify situations where you feel conflicted between your desires and others' expectations.
 1. Reflect on past decisions made from intuition versus conformity.
 2. Acknowledge the outcomes and feelings associated with those decisions.
- **Quote:** "Listen – Tune into your inner voice rather than external noise." – Andrea Mason
- **Action:** Practice mindfulness or meditation to enhance your ability to hear your inner voice.
- **Takeaway:** Your intuition is a powerful compass guiding you toward your true path.

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A – Act with the Intention

- **Lesson:** Make deliberate choices that align with your values and aspirations.
- **Steps:**
 1. Set clear, achievable goals based on your reflections.
 2. Break down goals into actionable steps.
 3. Prioritize tasks that resonate with your authentic self.
- **Quote:** "Act – Make intentional choices that align with your peace and well-being." – Andrea
- **Action:** Before making decisions, ask yourself if they align with your true desires.
- **Takeaway:** Intentional actions lead to a life that reflects your authentic self.

Y – Yield to Growth

- **Lesson:** Embrace the personal development journey, understanding that growth often involves stepping out of your comfort zone.
- **Steps:**
 1. Identify areas in your life where fear holds you back.
 2. Seek opportunities that challenge and inspire you.
 3. Celebrate small victories along your growth journey.
- **Quote:** "Follow your heart, not the herd nor the hurt." – Andrea Mason [citeturn0search18](#)
- **Action:** Engage in new experiences that align with your passions, even if they feel daunting.
- **Takeaway:** Personal growth flourishes when you courageously pursue your unique path. By implementing the PLAY methodology, you empower yourself to live authentically, guided by your heart rather than societal expectations or past hurts. Andrea Mason emphasizes that embracing your true self is the key to personal freedom and fulfillment.