

# STORY I:

## CLARITY



I can look back whenever I feel left, left out, left behind.

I see clearly that every decision marks a step towards my future.

I will bring my thoughts, feelings + actions in

alignment with my desired outcome.

In being clear on the starting point and the goals set according to my wishes, I'll create a safe haven that aids me in putting into perspective what I currently might experience as feeling stuck, 'not enough' or a failure.

## 'THE ROADMAP'

Where am I NOW?  
PRESENT



Where do I WANT TO BE?  
FUTURE

## CURIOSITY



### HEALING IS NOT A STRAIGHTLINE

Healing is an empiric research study ABOUT YOUR SELF

this requires curiosity from you because if you are not interested - who will?

KEYWORDS: THOUGHTS  
FEELINGS  
ACTIONS

the foundation of our life's perception.

- embark on the journey of discovering your inner voice, your gut feeling, your sudden/intuitive impulses
- take with you what RESONATES, leave behind what does NOT --- for now, in time it may well come back to you.
- DO YOUR OWN RESEARCH
- feel, nurture & train your inner, sacred compass

### 'LIFE ITSELF'

A situation that stuck in your mind this week:

- What did you think?
- How did that make you feel?
- How did you react?

## CHANGE



THE ONLY CONSTANT IN LIFE IS **changes**

get comfortable within the CERTAINTY of change

REFRAME your perception of it → your current attitude.

the diamond in the rough that EVERY kind of change is when viewed in this new way.

### TRY IT OUT

- 1\* consciously
- 1\* on your own terms
- 1\* safely, kindly towards yourself + others

CULTIVATE YOUR RELATIONSHIP WITH CHANGE  
small OR big, ALL IS VALID.

### 'CHANCE FOR CHANGE'

- Select some situation, thing, trait, perception, habit.
- write out in what way you envision the change to happen (eg) 'Declutter my purse', 'yoga 10 mins. every day.'
- What does it do for you? write down every feeling, thought, situation, person, place - (ALL) that pops in your mind.
- Stop after 5 mins + decide if you want to take a chance + change

## CONSISTENCY



EXERCISE

the ONLY consistency you need to cultivate is to NEVER GIVE UP ON **yourself**

this is YOUR PRACTICE  
+ you know yourself best.

this is YOUR PROCESS  
+ you know how MUCH you ARE ABLE TO GIVE.

- 'bad day'?
- 'lazy day'?
- 'old habits returning'?
- 'no energy'?
- 'pain, physically or mentally or emotionally'?

ALRIGHT: PULL THROUGH OR REST.

Whatever!

REMEMBER: WORK HARD - REST HARD.

\* JUST RETURN, COME BACK TO YOUR PRACTICE, ASSEMBLE YOURSELF because NO ONE ELSE IS COMING TO MAKE YOU DO ANYTHING!

\* JUST COME BACK + CONTINUE TO CULTIVATE THE PERSON YOU WANT TO BECOME

I LOVE YOU, I SEE YOU  
be kind to yourself + OTHERS

JUST FOR WHAT