



RE-INVENT YOURSELF

*** Value your losses. Learn from them and grow even Wiser**

Life never stands still, losses and grief are inevitable. By reflecting on them you can get to know yourself better and clarify what matters most in your life. What have you learnt from your losses and grief? Do you now make more conscious choices? Do your choices lead you to even more fulfilment and authenticity?

*** Make time for inner work. Ensure your Inner Light shines**

By making time to be still and go inwards you will understand and appreciate your Self even more. How often do you set aside time to get to know your true Self? Which pathway do you favour... there are many, for example meditation, journaling, prayer, yoga and creativity.

*** Discover undeveloped parts of yourself. Become more Whole**

Life is made up of seasons and each season brings new opportunities and insights. For those who are receptive growth is continual. Open your eyes and notice what the season is offering you today. Which of your undeveloped parts needs to be uncovered, welcomed and shone, so that you feel even more whole?

*** Check that your identity fits. Increase your Authenticity.**

When you shift your focus so that you value your true Self and your uniqueness you will shine even more. As your life more truly reflects who you are your identity may change and you may feel even more comfortable. When did you last check your identity? Does it still fit well?

*** Validate your inner voice. Nourish your Soul**

Learn to listen to and trust the inner voices that nourish you. Notice how your actions will then express a deep seated desire rather than a need to please or impress others. Which inner voice commands most of your attention? Is a shift necessary to ensure that the voices of your inner and outer worlds serve you well?

*** Acknowledge the paradox of life – Open the door to Acceptance**

Whether you're considering your Self or others does not matter. Give up black and white thinking and appreciate the value of opposites and differing opinions. When you do this acceptance and learning rather than judgment prevails. You will respond rather than react to life's events. What stops you from being even more accepting?

*** Deepen your connection. Find even more Clarity and Peace**

Spirituality, however you define it, results in an increase in your centred-ness and connection with your Self. Strengthen and treasure this connection as it is accompanied with a deepening at every level...with others and everything around you. How can you nourish and strengthen your spiritual connection?

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