

4 October 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Facing Up To The Skeletons

This week's challenge is to actually face up to what's hiding in the closet... You may think it's not going to be a pleasant experience but when you do it constructively, it can be very uplifting and give you relief.

For each skeleton, pick something that either:

- *makes you cringe when you think about it*
- *you wish never happened*
- *you're ashamed of and don't want anyone to find out about*
- *you wish you didn't know about*

Take your time to go through the questions and go back to them if required.



Monday - Identify 1 skeleton. Why is it a problem? How does it make you feel? What could you have done differently? Have you dealt with it? What was the lesson? How can you lay it to rest?

Tuesday - Identify 1 skeleton. Why is it a problem? How does it make you feel? What could you have done differently? Have you dealt with it? What was the lesson? How can you lay it to rest?

Wednesday - Identify 1 skeleton. Why is it a problem? How does it make you feel? What could you have done differently? Have you dealt with it? What was the lesson? How can you lay it to rest?

Thursday - Identify 1 skeleton. Why is it a problem? How does it make you feel? What could you have done differently? Have you dealt with it? What was the lesson? How can you lay it to rest?

Friday - Identify 1 skeleton. Why is it a problem? How does it make you feel? What could you have done differently? Have you dealt with it? What was the lesson? How can you lay it to rest?

Saturday - Identify 1 skeleton. Why is it a problem? How does it make you feel? What could you have done differently? Have you dealt with it? What was the lesson? How can you lay it to rest?

Sunday - Identify 1 skeleton. Why is it a problem? How does it make you feel? What could you have done differently? Have you dealt with it? What was the lesson? How can you lay it to rest?