

18 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!

Judgement & Acceptance

This week's challenge is about judgement but with a bit of role reversal... We don't like being judged but we are very quick to judge others - unconsciously. It's often done negatively and because we don't approve of something. However, we forget that in a lot of cases, when we don't like something about someone or we are quick to pass judgement, it's because it reminds us of something we don't like in ourselves... Knowing & applying this can be a game changer in terms of understanding ourselves better, as well as our real wants & needs.

Choose one judgement/ opinion for each day & go through the motions...



Monday - What was the judgement? Was it deserved & what made you uncomfortable? What's in your past/ present that relates to this? What is the positive intention? How can you come to a sense of acceptance?

Tuesday - What was the judgement? Was it deserved & what made you uncomfortable? What's in your past/ present that relates to this? What is the positive intention? How can you come to a sense of acceptance?

Wednesday - What was the judgement? Was it deserved & what made you uncomfortable? What's in your past/present that relates to this? What is the positive intention? How can you come to a sense of acceptance?

Thursday - What was the judgement? Was it deserved & what made you uncomfortable? What's in your past/present that relates to this? What is the positive intention? How can you come to a sense of acceptance?

Friday - What was the judgement? Was it deserved & what made you uncomfortable? What's in your past/present that relates to this? What is the positive intention? How can you come to a sense of acceptance?

Saturday - What was the judgement? Was it deserved & what made you uncomfortable? What's in your past/present that relates to this? What is the positive intention? How can you come to a sense of acceptance?

Sunday - What was the judgement? Was it deserved & what made you uncomfortable? What's in your past/present that relates to this? What is the positive intention? How can you come to a sense of acceptance?