

23 August 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!

Self Acceptance - The Light

As you'll know from watching the Masterclass, self-acceptance is key and a massive part to a better relationship with ourselves (and others so that there is no incongruent unconscious vibes). As it's such a big subject, I have split it in 2 parts & last week, we looked at our dark so this week's challenge is to focus on our light. Unfortunately, we can't always see our good points without stopping to think about them but in order to move forward, we need to not only acknowledge them but more to the point, remind ourselves regularly! Take your time to answer each one even if they don't seem relevant at first. The deeper you go, the better.



Monday - Are you willing to take responsibility & accept yourself fully? What will you do to remind yourself? How will it help you in your everyday life? How will it help you in moving forward?

Tuesday - How are you coming across to others? Do they get you easily? Is it the true you? Are there any mixed messages you might be giving out? How could you truer to yourself? How will you communicate that constructively?

Wednesday - Acknowledging the journey. What big things happened to you that were difficult to get through but made you not only the person you are today but a better person? What did you learn & how did you grow?

Thursday - Acknowledging the journey. What are your biggest achievements? What are you the most proud of? What little things do you achieve on a daily basis without anyone knowing? What's the best thing about you?

Friday - List all the skills you think you have. Also list all your best qualities & attributes. What I'm just about to say here is the more difficult part: you need to list a minimum of 50 across the board...

Saturday - What do other people often compliment you on? What skills do they think you have? What qualities do they think you have? What attributes do they think you have? How does it make you feel?

Sunday - Compare Friday's and Saturday's lists. Are they similar? Are they different? Does any of it surprise you or were you expecting it? How does it make you feel?