

I invite you to take a few deep and slow breaths. Allow your muscles to relax and your mind to settle. Then bring the struggle or challenge you face to mind. Visualize what you have been going through, feel how you have been feeling.

Now I invite you to take a few minutes to reflect on what your experience has brought you and what it has given you permission to do and not to do.

**Permission**

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| My struggle has given me **permission to….** | My struggle has given me **permission not to….** |
| Ex.   * Speak up and say how I really feel about things (or situations or people). * Pay more attention to me, to really take care of myself and put my needs first. | Ex.   * Not agree to do things that are not important to me or that I don’t have time for. * Not spend time with people that are not positive and supportive. |

**Now**

Now I invite you to think about going forward. As a result of your struggle and all you have experienced and learned as a result of it how it this going to change things in your life.

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| **Now I can…** Ex. Make decisions by listening to my inner voice. |
| **Now I am….** Ex. More at peace with my situation and with myself. |
| **Now I feel….** Ex. Confident and empowered.Grateful for having lived this experience. |

**Inspired**

Sometimes when we live through a difficult challenge we learn or experience certain things and then we become very passionate about them. Here is your chance to reflect upon something that may have really moved, touched or excited as you moved through your challenge or struggle.

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| **I feel inspired to….**  Ex.   * Start writing about the importance of listening to my inner voice and how that has changed my life in so many ways. * Help others who are stuck in job they don’t enjoy or relationships that are not fulfilling. |

Please keep in mind that as your move through your journey you want to be aware when your struggle is helping you to move out of your comfort zone. As you become more conscious of this, you can start to ensure that you are empowering yourself to continue to make these decisions, not because of your struggle but because you are looking after yourself in a new and nourishing way.

Please know that I have made this exercise quite simple but if you would like more guidance to go into more depth please don’t hesitate to contact me: [Jackie@peacefullife.ca](mailto:Jackie@peacefullife.ca) or [Jackie@cancershift.com](mailto:Jackie@cancershift.com).

Blessings,

Jackie