

## DAY FOUR





## JOURNAL:

What have you thought about over the last few days? What do you feel about your dreams and hopes moving forward?	



I think we all have walls.... in our *guarded* moments we build them, hide behind them, use them as excuses, ponder how on earth to get around them (but often feel stuck), stare at them, and sometimes run away from them.

But, what if behind our wall (or walls) we could find...

- freedom
- authenticity
- contentment
- self-acceptance
- self-love
- self-care
- hope
- zest and energy
- a joy for life
- and so much more....?

What if, behind **your** 'wall', you had permission to be anything, create anything, imagine anything, or try anything?



What if, on the other side of your 'wall' lay the pathway to your authentic self?

The real YOU?

The person you are in your unguarded moments, is often hidden from the rest of the World by your 'wall'. Blocked and stunted, except for those times you're truly at peace and listening to your gut, heart and soul.

SO....

It's time to break down the wall of your choice (metaphorically speaking)!

You could SMASH it.... full throttle, swinging with fierce force, wild eyed and breathless.

Pull it apart brick by brick.... piece by piece, mortar crumbling, chipping away, hefting each brick and feeling its weight before you throw it aside and **LET IT GO**.



Find a way over it..... climbing bravely, being boosted by others, getting your own ladder, pulling yourself up, grabbing and clutching the old vines spreading across it, scrabbling with finger and toe holds until you claw your way to the top and see the other side.

See the way around it.... notice a new path, observe a new perspective, realise the wall doesn't go on forever the way you assumed it did.

Sometimes, you might need to rest... back to 'The Wall', warm sun bathing your face, legs stretched akimbo and relaxed, breathing in moments of peace until you feel ready to start again.

Indeed, sometimes, you may not be strong enough to approach 'The Wall'..... this time.

You might need to spend time focusing on the good habits of sleeping regularly, eating well, and moving daily until you feel the time is right. Building strength and health.



Funny things can happen if you do this..... one day, you turn around to face 'The Wall', only to find it's not as big as you once thought it was.

Maybe there's holes in it you can peek through.

Perhaps the top is within reach, or the other side can already be seen. 'The Wall' now becomes a small obstacle rather than an insurmountable block.

However you get past it, in ways big or small, fast or slow, getting to the other side is something we can all do.

I love this quote...

'We take on the strength of that which we overcome'.

(Anon)



I think taking on our walls, in whatever manner we choose, feeds into our well of strength, self confidence, and self love.

I think working on our walls is a way of practising true self care. It's tending to the core of ourselves.

Do you feel you have any walls in your way this year?

What do you think you might do to get past them if/when the time is right?

Which approach might you use?

Whichever way you decide to 'go at it', the only thing you need to do now is simply...

START.



ON 	E OF MY CURRENT WALLS IS:
	TIONS I COULD TAKE TO START TAKING DOWN OR MOLISHING THIS WALL:
1.	
2.	
3.	

## Questions to ask yourself

## EXTRA QUESTIONS TO ASK YOURSELF:

- 1. Do I need any outside help to get past this wall? Can I reach out to a friend? A family member? My partner? A professional?
- 2. Do I need to rest before I can tackle this wall?
- 3. Are there any self care items I need to attend to in order to strengthen my wellness reserves before I take on this wall?
- 4. Am I tackling the right wall first? Is there another path I might need to investigate?
- 5. Hark back to Day 3 and our ways of thinking. Is it simply a matter of habitual thought that is making this wall seem bigger than it is? Can I get around it? Change perspective?

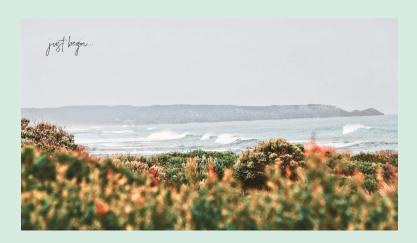


Here are links to 2 lovely desktop wallpapers for you to download, as well as a link to more of Michael Leunig's superb poetry.

- Wallpapers
- Michael's poems









Use the following quotes to inspire, give you courage to take on your 'walls', and keep you pointed in the direction of your dreams...

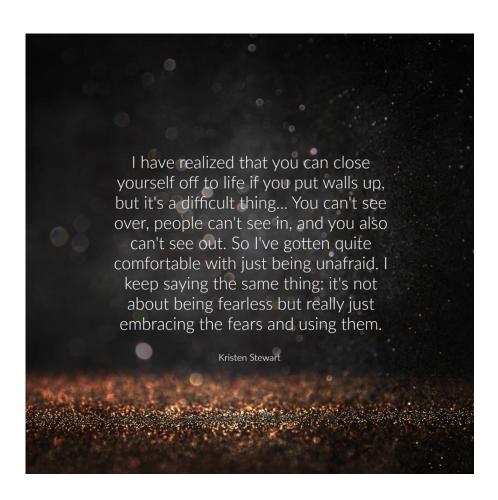
Take some time and put them on display where you'll see them daily.

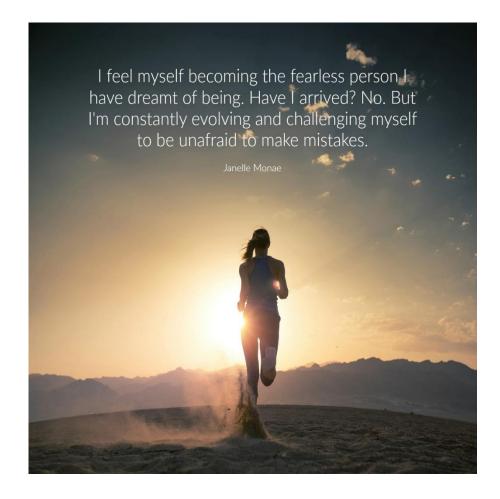
Or, stick them into your journal as a reminder that you're on your way to blossoming into the potential of everything that is you.

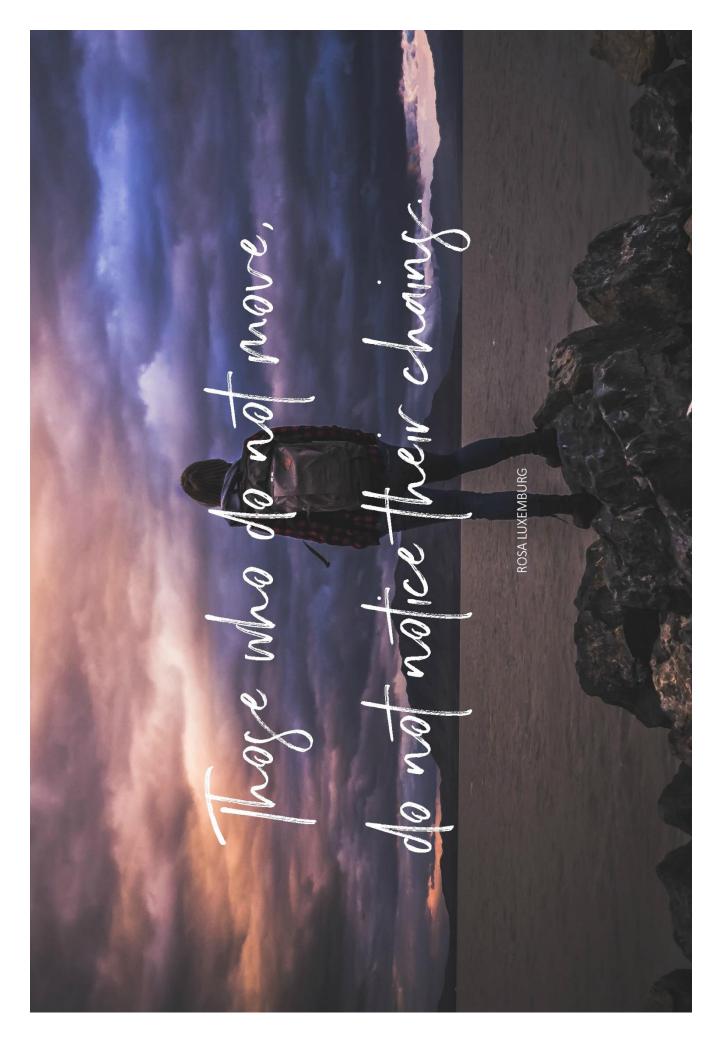
All you need to do now is....

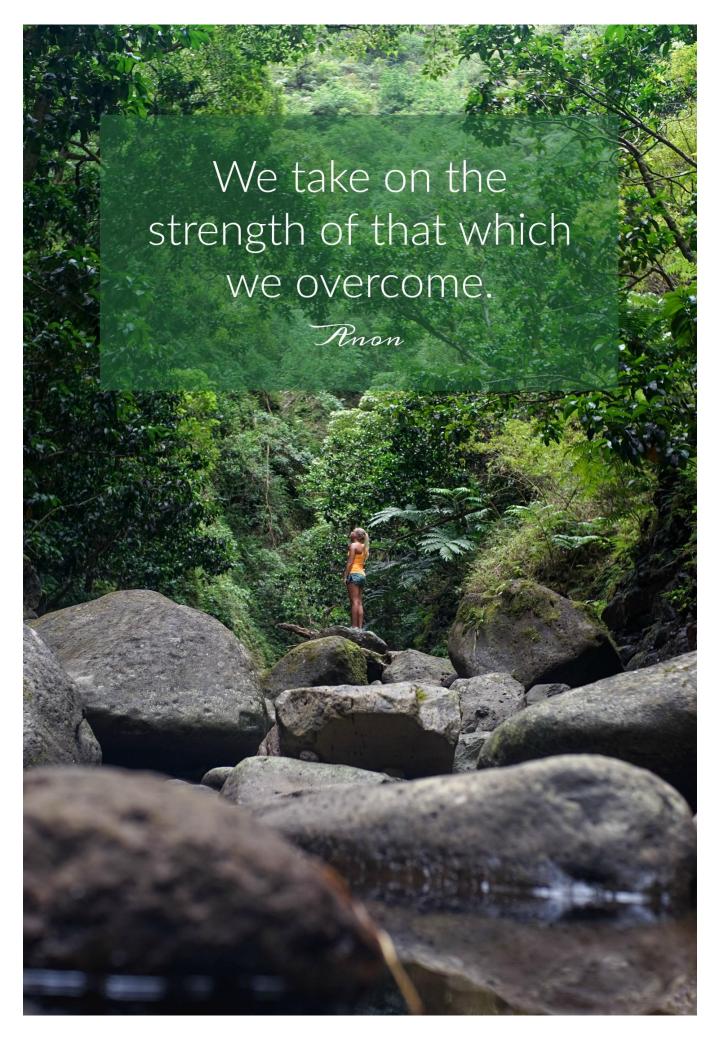
BEGIN.













I hope you've enjoyed Day 4 of 'The Mini Jumpstart to YOU Experience'!

Stay tuned for your last instalment 2 days from now.

Until then, spend some time thinking about how it will feel to start opening yourself up to your fullest potential.

