

"When your clarity meets conviction, and you apply action to the equation, your world will begin to transform before your eyes."

- Lisa Nichols

The theme for this week is "Lessons from Journaling: Sharing from the pages of my own journal," and yesterday I spoke about courage and discouragement.

When I meditate, I have a pencil and a journal, and I take notes of the things that come to mind. I like to think of them as seeds that are planted there by God. (Direct quotes from my journal are highlighted below.)

I shared the story about when I started planning my first Take Back Your Life workshop back in 2017. I was so afraid that nobody would want to come. I sat in my own fear cave and thought to myself, "Nobody wants to listen to anything I have to say. I don't have millions of followers, or this, or that," and I went through a whole list of reasons to fail. And yet, I asked God to show me what my purpose was.

I AM UNSTOPPABLE.

I decided that I no longer wanted to leave a legacy, but to LIVE a legacy.

Courage is moving beyond fear. Fear and courage are habits, and when confronted, fear disappears. We need to step outside of our fear caves, and approve of ourselves - flaws and all. Dismiss the voice of fear saying that you aren't enough.

If you're not afraid, you aren't trying hard enough.

This means doing something that frightens you or having strength in the face of pain or grief. It doesn't mean bungee jumping or doing something reckless, but rather handling adversity in your life with courage and dignity.

Facing our fear creates COURAGE.

Discouragement happens from time to time, but we don't have to live there. Remember that breath was intentionally put into those beautiful lungs of yours, and you are here for a reason. When you start to live from that perspective, you start to see the plan for your life.