

The WalkAbout

Inspirational Word

Day 1

Daily I will share a new ‘Inspirational Word’. In these, I draw from the ‘*God whispers*’ I have received in days of late as well as shares drawn from my own personal WalkAbout to ‘*Balance the Sacred Triad... Body + Mind + Spirit*’. My wish is, as I share these words forward with you, that they inspire you to do the necessary work to create the vision you have for the path on your own personal WalkAbout.

Come as you are... Walk with me!

I have created the WalkAbout from my own personal desire to take back my health & honor my temple... *Body + Mind + Spirit*.

In 2012, after a separation in my marriage, I hit a point in my life where I needed to take control of my physical well being. As a result, I lost 100 lbs., all on my own, with quick fixes or special magic pills or formulas. My leverage? It was thinking I could save my marriage “If I just lost the weight”. Needless to say, I was wrong; losing weight didn’t fix my marriage, separation later ended in divorce. As we move through this WalkAbout, I will weave more of my past story into the materials & inspiration I share.

After years of successfully maintaining my ‘perfect weight’, being in top physical form (e.g. hiking weekly, riding in 100-mile century bike rides, walking daily and fitting into the ‘perfect’ size 5 clothes), I had an unfortunate fall down (a push, actually, by an intoxicated ex (more about this later when we discuss respect & boundaries) a flight on concrete stairs. I tore ligaments in my knee & ended up with a staph infection in my leg. I was forced to take steroids & other medications to recover from the knee injury & terrible staph infection. This led to the gain of about 30 pounds, lack of energy, physical pain, and slowing of my metabolic rate, havoc on my hormonal balance, digestion process. Coupled with financial, career, divorce, parenting, relationship and other life stresses, I allowed myself to become physically, mentally and spiritually paralyzed (I will share more as The WalkAbout unfolds).

Why do I share all of this, you might be asking? After years of a decline in my health I decided to take back my life and once again honor my temple, but this time in God’s name. What is different this time? This time, I will not lose weight, get fit, improve my mindset, strengthen my spiritual walk for anyone else. I will not do it for a significant other, to save a relationship, for my employer, to impress a friend, to please anyone else, out of vanity, or for any other such reason. What I have learned is that, I must do it for just two... *God and me*. Everyone else will just be lucky enough to benefit from the byproduct of what I am doing for God and myself.



My life is a testimony to how putting God and yourself first, will align all other areas. As many areas aligned, so has my physical health. As I continue to progress through my own personal WalkAbout to balance ‘*Balance the Sacred Triad... Body + Mind + Spirit*’, God whispered “*Share with them. Bring them along. Lead them.*”

In honoring what He has etched on my heart and whispered for me to do, I have created this 40-Day WalkAbout and invite you to ‘*Come as you are*’ & to ‘*Walk with me*’. I will offer tips, tools and inspiration as you embark on your own personal WalkAbout and work on restoring balance to your ‘*Sacred Triad... Body + Mind + Spirit*’.

In addition to the materials I am sharing in The 40-Day WalkAbout, I invite you, my fellow Lioness...*my sisters*, to join [MyPride Sisterhood](#). I founded this community (*currently hosted on Facebook*) of lion-hearted women as a safe space to connect + find fellowship + share + support each other in life. In this community, I share additional blog posts, videos and other thought provoking, motivational, and inspirational materials and tools. Join us [here](#).

Wishing you BIG love + light + joy today.

xo, Kristine Cataldo, *The Lioness*

