

The WalkAbout

Inspirational Word

Day 2

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.

You ARE Good Enough!

Do you struggle with not being "good enough"? Me too! Early on in my journey I continually beat myself up with negative self-talk as well as when I was speaking with others. I would often apologize for things that I felt could be better or that I did not complete; I never felt that I was "good enough". I was not loving myself enough or speaking kindly about myself. All the while, someone was listening! I was... my mind was hearing it all and anchoring those beliefs deep in my mind, my heart and in my soul.

Being good enough is a part of our belief systems that can, in fact, be changed by tweaking our thoughts and the way we interact with others and in our self-talk. Our beliefs are formed by a single thought that, as it is repeated over and over, creates new beliefs. A single thought vibrates throughout our whole self to create a new belief that becomes ingrained in our belief system. This is why it is crucial to make shifts, not only to the way we talk with others, but how we speak to ourselves internally. Remember, our heart and soul are listening to EVERYTHING we think and say.

Most often we are aware of the things we don't want in our life or the things we do not like about ourselves in a particular moment. When we think about our lives and what to change, it is easy to think everything is falling apart or not perfect.



Hmmm Moment: What thought practices and patterns would you like to cultivate? What belief systems would you like shift and manifest and bring into your life? What shifts can you make in your self-talk as well as interaction with others to aide in this process of "good enough", being present and accepting of what is, RIGHT NOW?

Take Action: Today, I invite you to make a small shift. Each day work on adjusting your internal and external thought... an AWAKENING, if you will. When you catch yourself speaking negatively about yourself, others, situations, STOP and FLIP IT. Begin by focusing on the positive things in your life. Instead of the negative, focus on what you like about yourself or others. Be grateful, thankful and focus on your blessings. If there is something you would like to change, accept what is AND then, visualize how you would like your life to be different and the things you would like in your life, instead of what you do not want. The important think is to make positive progress, not to be perfect. It is a process; give yourself grace and permission to be messy in the process. A shift WILL occur if you keep with it.

Awaken my sister.

Rise up & step into the light.

Love yourself... right where you are.

You've got this; you can do it.

Amen & Hallelujah!

xo, KC, *The AWAKENED Lioness*

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