

The WalkAbout

Wellness Activity... Body + Mind + Spirit

Day 1

Each day 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.

Circle of Influence...Identify YOUR Circle

As you get to know me in our time together, you will see that I am an ‘extroverted extrovert’, a ‘people person’, and extremely gregarious. A big part of my love language is to love on people and to ensure they are joyful, happy... a total people pleaser. I love BIG, LOUD & HARD. After God, much of my energy comes from those around me.

It took me a while to figure out that it was beneficial to my health and wellness, and that I was actually happier, with a very close knit circle in my life. Now, this does not mean that I just tossed away everyone and didn't speak with them again. Not at all. Now, there were individuals that I realized were not a good match and continually took and drained my energy. These people I did have to cut communication and just wish them well and pray for them. However, there are others that I am now "friendly" to, but that are not in my close ‘circle’.

The process of tightening my ‘friendship belt’, my inner circle, was extremely difficult at first. I observed that when I was in communication with certain individuals, I felt upset, angry, unhappy, sad, and a multitude of other emotions. Once I did some deep dive work, the process became easier. I later realized it was unhealthy for me to continue certain relationships, to allow energy, spirit and joy to be sucked from me. Once I began to tighten my circle, I felt more joy and happiness and less anxiety and stress. As I continued on my journey, the process got easier and easier. Now I have a very, very close circle and am thrilled with that.

Take Action: As we progress through the 40-Day WalkAbout, we will discuss this topic further. At this point, I encourage you to look at your circle of family, friends, and acquaintances. Ask these questions: Who in that group is a positive and encouraging light to you, lifting you up, not pulling you down or waiting for you to fail? Who would hold you accountable to YOUR vision and goals? Who will collaborate, brainstorm, share ideas, or just listen when needed? Take some time to reflect and identify a core circle. Next, reach out and have a conversation to ask if they would be willing to become accountability partners, for you to reach out to them from time-to-time for support, and visa versa.

Wishing you BIG love + light + joy today. xo, Kristine Cataldo, *The Lioness*



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