

# Monthly Theme: Inspiration

## October 22 & 23: **Self-Awareness**

“When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob’s hip was put out of joint as he wrestled with him. Then he said, “Let me go, for the day is breaking.” But Jacob said, “I will not let you go, unless you bless me.” ...Then the man said, “You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.”

~ Genesis 23:25-28

“The same life story can be told in many ways, and the way we tell it changes who we are and who we become. Who is editing your version?” —Seth Godin



### Invitation to Self-Awareness

**Center with:** my story is unique **and** part of the whole,  
Author of Creation. It’s mundane **and** riveting.  
The plot is a mystery **and** important.  
My voice needs to be heard.

**Breathe  
In:**

**My story is  
important**

**Breathe  
Out:**

**My voice needs  
to be heard**



### Reflection:

What part of your story are you choosing to focus on? or rehash?

What parts of your story do you want to live into and re-create?

I will own my story today by: