

# Monthly Theme: Inspiration

## October 20 & 21: **Self-Awareness**

“The same night he got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had.

Jacob was left alone;  
and a man wrestled with him until daybreak.”

~ **Genesis 32:22-24**

Decades of doing what you're told, years of promised rewards only to be revised when just within reach. Helplessness and inadequacy settle in. Who told you that you aren't enough? What convinced you to decide they were right?



### **Invitation to Self-Awareness**

**Center with:** too many voices cyclone around my head. One-who-soothes-storms. My anchor is within. My strength already exists. I can keep on. I am my own expert.

**Breathe In:**

**I am strong**

**Breathe Out:**

**I'm my own expert**



### **Reflection:**

What voices cyclone around your head right now? What are they saying?

Is there something or someone that keeps holding you down—or back?  
What permissions are you waiting for?

I will consult with my inner expert today about: