

Your Relationship with
ALL OF YOU



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“Knowing and accepting all parts of you is the key to your peace and happiness.”

Knowing yourself isn't just about recognizing your strengths or polishing and living into the parts of you that are easy for you to love—it's about meeting all of you with honesty and compassion. The confident parts **and** the uncertain ones. The brave you **and** the doubting, insecure part of you. The proud parts and the guilty and shameful parts. All the parts that make you a whole human. When you take the time to truly know, accept, and even love every facet of who you are, something powerful happens: you stop wasting energy berating yourself for not being “perfect”, or for being who you think you “should be”, and start living from a place of wholeness.

Self-acceptance is an act of honesty and courage. It's the understanding that every part of you has a story, a purpose, and something to offer—and that embracing the full, imperfect, beautiful human that you are is foundational to living a life of deeper peace, acceptance and happiness.

In this Wisdom Journal you'll get to know and appreciate all the parts that make you YOU, provide some love and support to the parts that could use a hug and intentionally cultivate the parts of you that will help you grow more intentionally into the person you want to become.

Please feel free to reach out with any questions, comments or insights you'd like to share. I'd love to hear from you.

XO,
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Reflections & Exercises

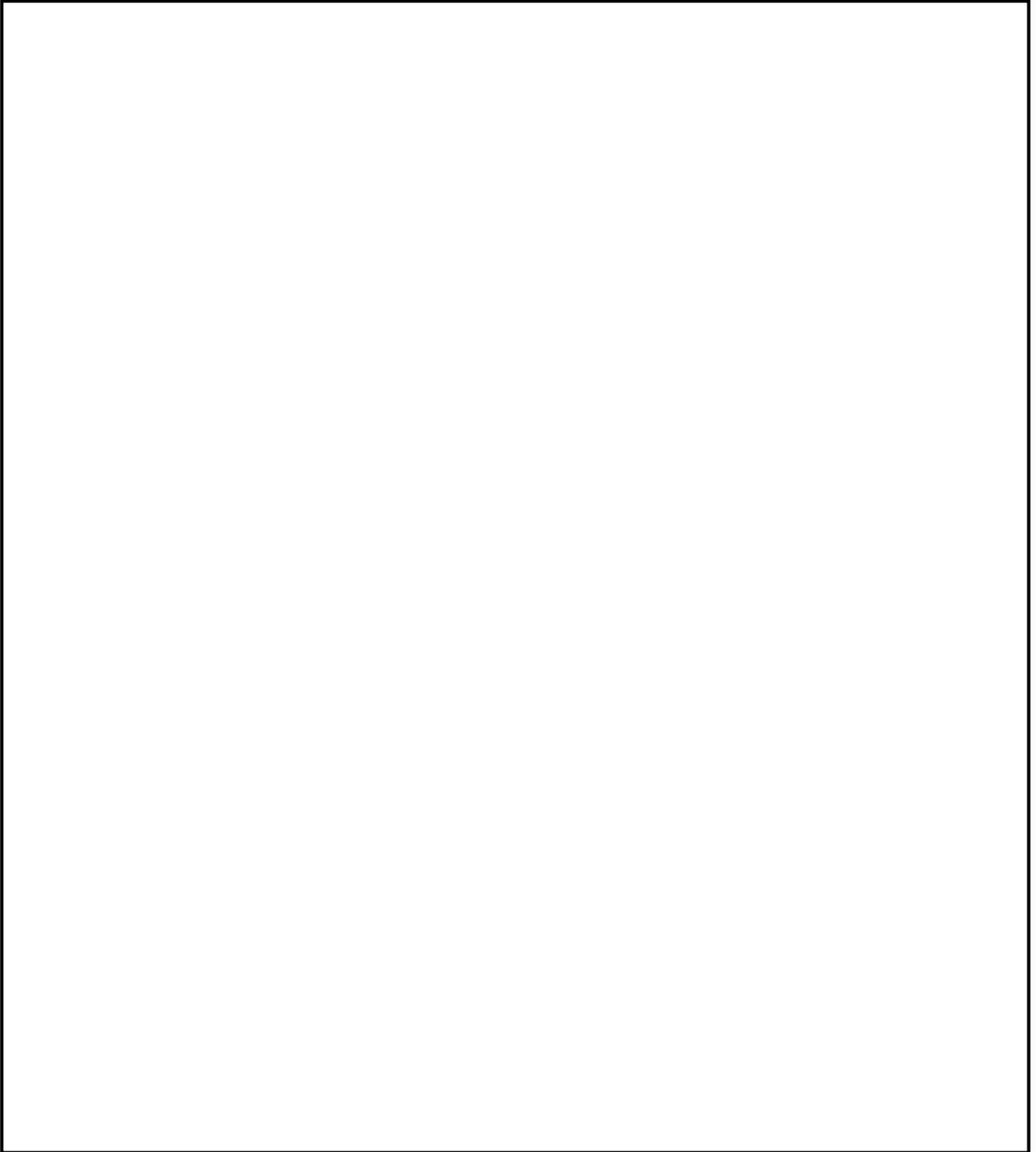
Every one of us is comprised of many different parts and your goal is to get to know the different parts of you that make you whole.

Let's envision you are a bus (or a garden or whatever you imagine that has room for all of you) and all the parts of you have a seat on the bus. Some of your parts are behaving beautifully, others not so. They may even be standing up, jumping around and hanging their head out the window. It's important to know that there are no "bad" parts of you and all parts of you are welcome and have a role to play. AND there is no part of you that can be kicked off the bus!

At times your bus will be driving smoothly and exploring the sites. Other times it's weaving all over the place, breaking the rules of the road and may even get stuck in a ditch, drive without headlights or become lost. In any given moment, you get to decide what part of you is the driver and of course the driver will determine the experience of your journey.

On the next page (or on a separate piece of paper or poster) draw your bus and put your name on it. As you identify the different parts of you, you will place each of those parts in your bus. No pressure, no drawing skills required. You can simply draw an outline of the bus and write the words (that represent your parts) in the bus. And if you start being self-critical as you draw your bus, congratulations, you just identified a part of you!

Draw Your Bus



Addendum

Here's my Ideal Self exercise to serve as an example. Note, I did this exercise over 10 years ago and when I do it again now there are other parts that I may choose to lean more into.

Ideal Self

I am mindful. I focus on the moment. I let go of trying to control the past and the future and I breathe into the present. This is all there is.

I am grateful. And every day I acknowledge what has gone well in my day and what I am grateful for. I focus on loving what I have and embracing the imperfections in my life.

I take complete ownership of my life. I am grounded in my truth and take responsibility for my actions and the things I want to create in my life. I do not play victim or martyr and I act out of my choice. I know that I am the only one who can grant me permission. I seek to be known, rather than validated and to focus on what is mine to control.

I live my life authentically. I know who I am and who I want to be and I make my choices accordingly. I show up in the world as my true self. What I think, say and do are in harmony.

I am strong, vibrant and fit. I allow ample time for rest. I aim to spend time outdoors daily and I honor my commitment to myself – to exercise at least 4x per week. When I exercise and spend time outdoors I am most energetic, clear-headed and vibrantly alive.



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