



NC

Wisdom in the Whirlwind Day 2



Get Specific

So, we spent a bit of time in our last exercise, surveying the current situation, an exercise designed for the big offload, an exercise designed to help declutter the mind and demonstrate just how much you are doing!

It's now time to get specific. We are moving from overwhelm to insight and searching for the wisdom in the whirlwind of everything that is going on. In order to do this we need to break the current situation down into manageable chunks.

Breaking things down means that get to gain some clarity about a situation and at the same time you get to reassure yourself that you have the skills and the ability to move through challenges. It is all within you capability and power but this rarely feels possible when you are looking at so many moving parts and trying to work out where on earth to start.

In today's exercise I would like you to get specific about one situation that is bothering you. Now, this is a free writing task but you can, of course, write as much or as little as you like.

- A. Describe as specifically as you can one situation. This could be a relationship, a grudge, a hurt, a work problem, a habit or any other thing that is challenging you right now.

Do nothing more than describe it. Do not try to analyse it. Don't try to solve it. Don't qualify it or soften it. Just describe, describe, describe.

Once again, please remember, no judgement, no fear just kindness and trusting that what you need to write will be perfect.

Self Care Action Step:

Now, make some tea, go for a walk, have a snooze, have a bath, do whatever you need to be a friend to yourself and write down four things you are currently grateful for.