



NC

Wisdom in the Whirlwind

Day 5

Insight: Write the Wisdom

We are there! We have reached Day 5 and I am sure you are feeling the shift that you have made from overwhelm to insight and that you have found some wisdom in the whirlwind of your life and work.

So far, we have been cultivating curiosity, asking questions and probing the situation. Today's exercise is about synthesising and setting out clearly the wisdom you have found.

This exercise does require a little quiet and you'll need to set aside about 30 minutes to complete it effectively.

So, today's exercise is going to be written in the style of a 4, 2, 1 journal which is a format of journaling that I find massively helpful. You've been doing it already if you've been taking the self care action steps and the format will help us reach the essence of the wisdom we have been unrooting.

Step 1.

Write down 4 things about the situation you have been focussing on that you are grateful for. What has your learning been? What has it been good to take note of?

Step 2.

Write down 2 people that are involved in the situation that you send love to and write down the reasons why you are sending them love.

Step 3.

Taking into account all the curiosity you have generated about the situation, write down your insight (the wisdom) and 1 thing you now wish to see manifested.