



Valuing self!

The Mopane retreat came at an ideal moment for me. I loved that I was given the opportunity to pause and think about myself. It was awkward at first since I hadn't given myself enough time.

Our intrinsic value is determined by how we perceive ourselves in comparison to others and in connection to the world in which we live. I learned that if I don't feel I matter for what I offer to the table in terms of traits, talents, attitudes, and beliefs, no one else will.

Taking time to confront myself at the retreat revealed to me that, even if I am highly regarded and liked by people in my personal and professional life, a low feeling of self-worth will cause me to deny those plaudits and keep me imprisoned in the limiting views I have about myself. I was afraid of myself, but it was amazing to be able to open up some of the realms that had previously been blocked off to me. Time at the retreat taught me that respecting oneself helps me demand the best from myself and others and keep me open to kindness and compassion in my life.

I've learned to appreciate myself, listen to my feelings, and act on them. I've learnt that it's critical to focus on me and make me feel unique. I've noticed that when I'm unsure of my value, I frequently suppress my genuine sentiments because I don't think they matter or because I'm not sure others would understand me if I show myself as I am. I learned that it is challenging to keep up with things I cannot connect to, such as sentiments acceptable in my friend's circle. At the Mopane' leaders Experience Retreat, I discovered that hiding the true myself might portray a kind of myself that I don't even recognize, heightening my anxiety. It's difficult to live a life that doesn't represent your actual self. It produces internal turmoil, leading to unhealthy behaviours limiting your life and potential.

“Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness.”_ Oprah Winfrey

It is critical that I love and care for myself because I will be able to better care for others if I do. I appreciate the retreat's excellence. I FELT SPECIAL.

Ineza's Experience.