



A profound Experience!

I've been to a number of leadership retreats, but none compare to this. I appreciate your invitation and will be eternally thankful. Everything we did throughout the retreat was wonderful and enjoyable to me. Morning workouts: I loved them and planned to continue working out to keep my body in good shape. Before the retreat, I was struggling to find the time to exercise. It was hard to find the time and motivation to work out between family, errands, sleep, and, ideally, hobbies and relaxation. Wedging an hour of structured physical activity into my day felt nearly impossible at times -- and it also felt worthless when conventional wisdom told me to exercise at the crack of dawn (no thanks).

These days I have intentionally carved my time to squeeze in a sweat session right after waking up, pushing myself to extend my long days by another 30 to 60 minutes. I have also learned that the right time to exercise is not about how many calories you burn or how much weight you lift -- it's more about how you feel when exercising and how exercise fits into your daily schedule.

Grounding and surviving session: this was a whole new subject for me, and I learned a lot about staying grounded. I had a profound understanding of what causes people to get disoriented. The bonfire session was fantastic.

I discovered at the retreat that the connection between my mind and body is really powerful. One bad thinking can set off a chain reaction of biochemicals, which is the body's attempt to keep me safe. The more negative ideas I have, the more my body goes into defensive mode, and I am more likely to experience emotional conflict and physical exhaustion. Therefore, while going through difficult circumstances, it is critical that I begin with a healthy mind to live the healthy life I deserve.

Reconstruction of my body and changing my underwear (a metaphor used to describe creativity and change of attitude and lifestyle) I realized that I need to do more self-awareness sessions, so I get to know charity very well. As I reconstruct, I have come to learn that my thoughts are not always factual; and with so many of them every day, it's essential I slow it down and actually take a look at how I am talking to myself. I am intentional about thoughts that best serve me and my purpose.

The heart and woundology: I learned about woundology and made a pledge to myself to start forgiving and letting go more readily. We've all been injured by another person at some point in our lives -- we've been mistreated, our trust has been betrayed, and our hearts have been crushed. And, while this discomfort is typical, it can occasionally last too long. We have a hard time letting go of the hurt because we keep reliving it.

This is inconvenient. It not only makes us miserable, but it also strains or destroys relationships, diverts our attention away from work, family, and other critical tasks, and makes us hesitant to try new things or meet new people. We get caught in a loop of hurt and fury, missing out on the beauty of life as it unfolds. It's not easy for me to forgive and let go, but I'm determined to learn so that I may go to a better place. I learned to count my blessings and keep track of them during the retreat. Some days I feel like nothing is going right, which makes me spiral with negative self-talk. And while it's OK to feel not OK, if I sometimes find myself constantly in a negative space, that is when I intentionally take a step back and see the positives I have going on in my life. Also, the keeping of gratitude jar, something I learned at the retreat, has helped me on this journey.

"Acknowledging the good that you already have in your life is the foundation of abundance." _Echart Tolle.

Mopane' Thank you for being an important part of my story.