

# Episode 8 – Embracing Your Resilient Spirit

## Growing Stronger: Rising Beyond Fear Podcast



*“Reaching beyond yourself, asking greater questions and being willing to extend your vision – these are the keys to an enriching life.”*

**Les Price**

### Key Insights from this Episode

1. Our spirit needs hope, creativity and passion in order to thrive.
2. Know that: I am safe. I am guided. I am loved. I am allowed.
3. Reflect on what the last 40 days/nights has taught your soul and spirit.
4. We need to align our mind with that of the Divine.
5. By surrendering control, we allow our highest good to manifest more easily.
6. Your greatest calling is often hidden just behind your greatest fear.
7. We can't connect the dots looking forward. Only backward.



### Questions for Awakening

1. Am I willing to surrender the outcome and enjoy greater peace?
2. What compelling vision am I committed to realising this year?
3. How can I step into the full potential of my soul?
4. How can I cultivate greater belief, desire and expectation?

### Core Message from this Episode

You have access to an incredibly resilient spirit. While change and transformation is a necessity of life, it is in the moments of our greatest challenge that we are called to **ARISE** and discover a greater strength, vision and possibility for our lives.



**The one insight I'll implement this week is ...**

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**START**