

## Day 1 Wholeheartedness

### Starting Point:

What everyday moments in your life give you joy?

What 3 things are you grateful for today?

What changes might you need to make to see the positives in your life rather than the negatives?

### Quote:

I now see that cultivating a Wholehearted life is not like trying to reach a destination. It's like walking toward a star in the sky. We never really arrive, but we certainly know that we're heading in the right direction. Brene Brown

### Bible verse:

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. Psalm 100:4

### Inspiration:

[http://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability.html?quote=870](http://www.ted.com/talks/brene_brown_on_vulnerability.html?quote=870)

<http://www.robenmarie.com/blog/2011/6/16/watch-the-process-video.html>

**Technique Challenge:** An easy challenge today, just to ease you in.

*Use a colour you don't like, or one you don't use very often.*

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Brene Brown

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