



Grab That Opportunity!



Why do we so often hold ourselves back?

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We cannot feel real love without pain. It is brave to be open to it all, however that looks. Realising that each step is so worthwhile and taking this for what it is. The hard part, however, is going after what we truly we want.

Confidence can lack in all of us at times, rejection lowers self-esteem, and that little voice appears again. 'I'm not good enough.'

I have felt rejected more times than I like to recall. Regularly finding myself at a crossroads, putting myself back out there that little bit harder each time. But I continue to try. Resilience and strength are inside us all. Sometimes it is simply hard to notice it buried under the layers of doubt and criticism.

Being present and continuing to build a deeper connection, we remove these blocks. The wonderful moments and experiences are ours for the taking today... if we allow it to be. Opportunities can be wrapped up in

many ways, the question is do we see them when they arise? We miss so much, lost in the past or racing ahead of time, that these precious moments pass us by. The things we 'should' do mounting up. But what about grabbing hold of those things we really want?!

This past year I have faced deep emotional turbulence, revisited buried difficulties, and faced new ones. Realisation I wasn't quite ready for, or maybe I was? All I do know is that I did not run from my feelings this time. I am now able to sit with heartache and pain and not suffer on top!

Finding something you really love is worth holding on to. It may place you in a vulnerable position and this may then result in knock backs, heartbreak, not the result set out for, but does that mean you should



not put yourself out there altogether? Gaining confidence in who you are comes from facing all experience good and bad, an accepting that led you to where you are today.

When approaching life mindfully those little spaces are noticed. That small opening seen just before the overwhelm kicks in - it's in these beautiful, yet scary steps the magic happens so we can experience more out of each day, out of life.

Much of the time we feel under pressure to do more and keep up with all that surrounds us. Sometimes that new experience may come in the form of saying 'no' and that is ok. How liberating it feels to do what is right for you not what you feel fits in. The experience then is that of being free, being you and what better

place to be.

Heartache comes from love and life sits deep inside this. We can only create a deep connection by opening our hearts and this is a vulnerable place to be, knowing that by doing so we can be knocked down and rejected once more.

We cannot feel real love without pain. It is brave to be open to it all, however that looks. Realising that each step is so worthwhile and taking this for what it is. The hard part, however, is going after what we truly we want. This is daunting and often 'the imposter' kicks in again! Don't let it this time, for this could be your time. Knock down those barriers, uncover your confidence and be present with you! Ask yourself what is right in front of you now and grab hold of it with both hands!



Hi I am Kelly. I trained with Mindfulness Now in 2020 and really enjoy being part of this community. I set up 'Room 478' in 2020 the idea being to create a space, a room where I can help people find their confidence and reduce anxiety through Mindfulness & Meditation. The 4-7-8 breathing technique has always been beneficial to me, hence Room 478. If you want to connect, find me at www.room478.co.uk or on Instagram, Linked In or Facebook. @room_478