How Strong Are You Really?

A reflection for the woman who has carried more than anyone knows

Before you begin

You've probably been called many things. Reliable. Capable. The one who copes. The one everyone leans on.

Maybe someone has even called you strong, and you smiled and thought, "If only they knew."

This reflection is for you. It will help you see the strength that has been there all along, quietly getting you through every hard day.

Find a quiet moment, something to drink, and a pen. Take your time. There are no wrong answers.

Tick what's true for you

I have...

- [ ] kept going on days when I wanted to give up
- [ ] looked after others while I was hurting myself
- [ ] smiled at the table while my heart was breaking
- [ ] made a hard decision on my own
- [ ] started over when life fell apart
- [ ] sat up through the night with someone who needed me
- [ ] held my family together through a crisis
- [ ] asked for help, even though it scared me
- [ ] said no, even when I knew it would disappoint someone
- [ ] walked away from something that was hurting me
- [ ] stayed in something that hurt me, and survived it
- [ ] learnt something new when I thought it was too late
- [ ] found a reason to laugh again after a loss
- [ ] carried a pain nobody knew about
- [ ] got up the morning after one of the worst days of my life

Count your ticks. Every single one is proof of your strength.

Strong women aren't born.
They're made, one hard day at a time.

Take a moment to reflect

1. Think of the hardest season of your life so far. What got you through it?

2. What have you survived that you've never given yourself credit for?

3. If someone close to you watched you for one ordinary week, what would they say about your strength?

4. Where in your life right now do you need to use that strength for yourself?

5. Finish this sentence: "I am stronger than I think because..."

A note from me to you

Look at what you've written. That is who you've been all along.

Strength like yours is built one hard day at a time.

Fear can keep us in places that hurt for far too long. You have already shown, again and again, that you can do hard things. The next one might be using that strength for yourself.

I am stronger than I know.
I have done hard things, and I can do them again.

You are so much stronger than you think. Damn strong, actually.

With love,
Ronél

When you're ready for more, you'll find courses, audio guidance, and coaching at www.lifedesigns.co.za