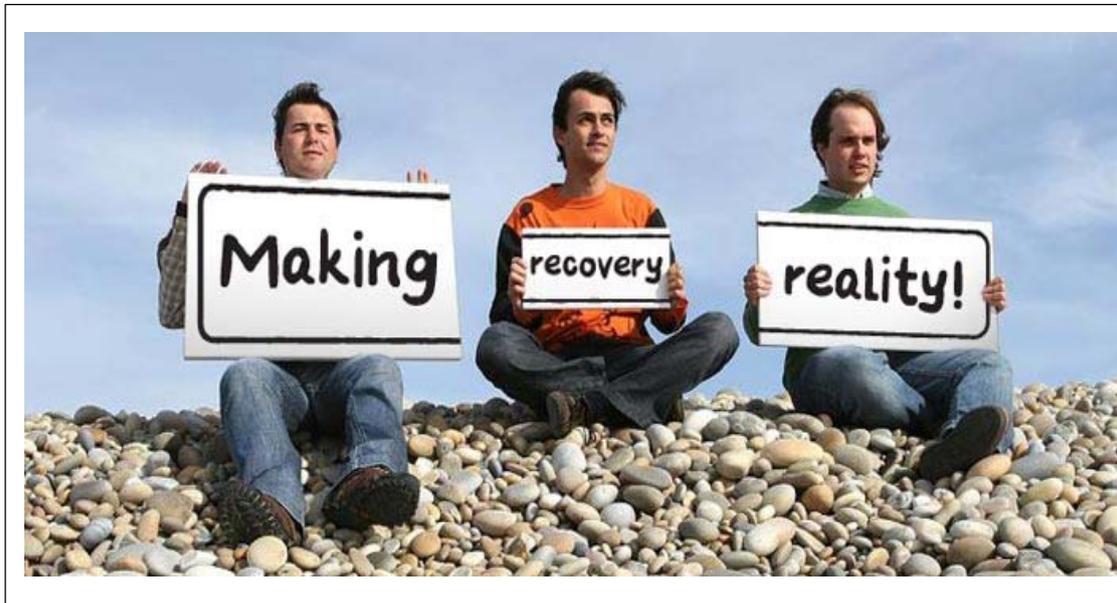


GRACE TRAIL: 5 STEPS TOWARD JOY, HOPE AND RESILIENCY



WEEK 2: RELEASE, RESILIENCY AND ROOM FOR HOPE



The quality of your life depends on your ability to know when and how to release.

“Release” is the second step in the five-step Grace Trail resiliency process. It may not seem as light as the first step of “Gratitude,” but it is just as important on your journey towards joy, hope and resiliency.

Grace is an acronym for:

Gratitude Release Accept Challenge Embrace

Metaphorically, imagine holding a big stone that is the size of a 10-pound bag of potatoes. This stone might represent your worries, struggles or sense of being overwhelmed. You may need two hands to hold it. Now, picture holding it for hours, going about your day with it in your arms. That is what we do when we needlessly carry worries, fears and challenges with us, leading to a sense of discouragement and, ultimately, a loss of hope.



Many times, it is not the weight or size of what you carry forward with you, but how long you have to hold it that makes the difference in your quality of life.

As coaches, we assist clients in identifying what is calling out for release in order for them to move forward. We then co-create a safe space to do the difficult and courageous work required of lightening their load and moving in the direction of their choice.

Imagine the relief you would feel from suddenly dropping this stone or breaking it into pieces and putting down parts of it. That's what release feels like. It conserves our energy, makes room for new things and allows us to choose where to focus for maximum impact. Letting go clears our mind of the images that block what actually is.

Release makes room for the life-altering energy of hope, and that is a real game changer, don't you think?



Release is something you can learn to do more often. Here are two questions that will assist and ultimately move you and your clients toward resiliency:

Adversity, excessive worry or confusion shows up.
Immediately ask, “What is in my control?” and answer.
Then ask, “What is out of my control?” and answer.
And then focus your efforts as quickly as possible on what is in your control.
That, my friends, is the hallmark of resiliency.

I invite you to walk your own Grace Trail as I ask you,
“What do you need to release in order to move forward with your precious life?”