

## Season 2 - Episode 3

Harnessing an enormous invitation took courage and bravery

Marie-Josée (MJ) Boesten recognised her own truth after she had spoken it. This was the pivot that led her to make a move to find her own inner freedom. With courage and bravery she shifted her life entirely, new career and new partnership.



### Top Tips

### Simple Steps to Action

Whatever you feel, whatever shows up in your life as an opening to a pivot point: listen and take it seriously

Mediate daily, if only for five minutes. I use the Headspace app, and there are many more resources out there

Trust yourself, no matter what. Your Heart does know, always

Practice listening to your heart's murmurings, by journaling whatever you feel and think. Or draw or paint whatever you feel and think.

Do NOT go it alone, share what is happening for you with trusted others

Ask someone you trust to just listen to you, with no interruption, comments or feedback for 5 minutes. Do the same for them. Be surprised what opens up in the space created.

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