

# BUILDING SELF-WORTH - EP2 THE HEALING JOURNEY

## DOWNLOAD #2: GUIDING CONCEPTS & PRINCIPLES

Depth Matters Podcast Episode 2

### GUIDING CONCEPTS - FOUNDATION FOR YOUR JOURNEY

#### 1 MULTIDIMENSIONAL BEING: “YOU ARE NOT ONE THING”



You are a multi-layered, multi-faceted being (physical, emotional, mental, soulful, conscious system) all at once and each layer has its own uniqueness. Your uniqueness is your strength.

#### 2 REFLECTION: “THE WORLD IS A MIRROR”



Everything you encounter (experiences, people, circumstances, etc.) that impacts you is reflecting something back to you about yourself. Reflection is how we learn. Every experience is valid.

#### 3 MEANING: “WHAT MATTERS IS ONE’S MEANING”



Life doesn't hand you meaning. You decide what it means through the definitions you choose. You are the author of what matters.

#### 4 THE PRESENT MOMENT: “THE PRESENT MOMENT IS ALL WE HAVE”



The only time we can ever truly act or change is now. The past is a memory (untouchable), the future is projection (not here yet). We can only heal today, where life happens.

#### 5 LIFE IS CYCLICAL: “CIRCLES, SPIRALS, SEASONS”



Life is rarely a straight path forward. It moves in seasons and in spirals, and cycles return again and again to the beginning. Each return brings you a new perspective.

#### 6 TRANSITION: “CHANGE MUST BE TRANSITIONED TO LAST”



Without transition (from old to new) change is just a rearrangement, a reordering. The in-between is where real transformation happens.

#### 7 WHOLENESS: “ALL OUR PIECES BELONG”



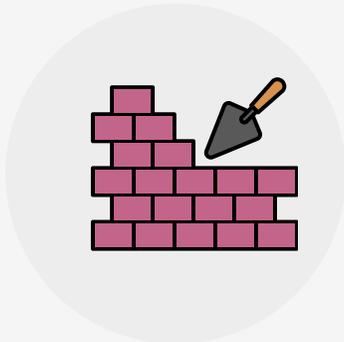
We become fragmented and disconnected from our wholeness but we never lose our wholeness. We find our way back to it – all parts become one again.

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### GUIDING PRINCIPLES - FOUNDATION FOR YOUR JOURNEY



**START STABLE**



**STAY OPEN, STAY CURIOUS**  
OPEN MIND, HEART, SELF



**NO JUDGEMENT**  
OR COMPARISONS



**SELF-CARE**  
PAY ATTENTION TO NEEDS



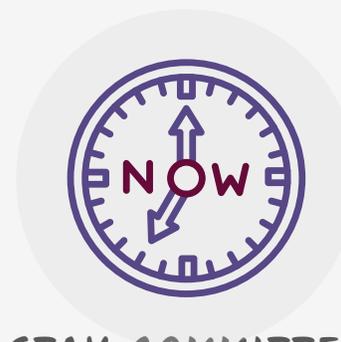
**BE HONEST**  
ASK FOR HELP WHEN NEEDED



**EMBRACE DISCOMFORT**  
"THIS TOO SHALL PASS"



**KINTSUGI**  
HONOR YOUR SCARS



**STAY COMMITTED**  
STAY THE COURSE



**TRUST YOURSELF**  
"FOLLOW YOUR INNER COMPASS"