

## N.O.S.E. 2

**To name 'it'** means to take the first step towards your solution.

**To name 'it'** means no longer hiding behind excuses, justifications, blame or victimhood.

**To name 'it'** means understanding real power is found in facing the truth about yourself.

**To name 'it'** means to turn and face the darkness in the knowledge that you'll in fact find your light.

**To name 'it'** means to no longer hide behind your position, role, status or relationships.

**To name 'it'** means looking into the mirror of your behaviour and see what is staring back.

**To name 'it'** means being still and listening to the songs of your own heart.

**To own 'it'** means taking responsibility for who you are and where you are in life.

**To own 'it'** means finding the courage and the honesty to fully 'embrace' the truth about yourself.

**To own 'it'** means no longer deceiving yourself or needing to blame others for your shortcomings.

**To own 'it'** means to stop beating the drum of denial and self-righteousness.

**To own 'it'** means having enough compassion in your heart not to condemn yourself.

**To own 'it'** means to understand that what you've done is not who you are!

**To own 'it'** means to cut the umbilical cord attaching you to your anger, pain and hurt.

**To surrender 'it'** means having faced your demons, you realise you can now be free of their influence.

**To surrender 'it'** means forgiving yourself for your mistakes and affording others that compassion.

**To surrender 'it'** means letting go of anxiety, doubt and fear with joy in your heart.

**To surrender 'it'** means having found your beauty, never letting it go.

**To surrender 'it'** means flying fearlessly with wings of honesty and courage in all situations.

**To surrender 'it'** means a life-long kindness and compassion for yourself and others is born.

**To surrender 'it'** means having found you, remaining true to yourself, your beliefs and principles.

**Empowerment** means having given birth to yourself, a fresh start, a new beginning.

**Empowerment** means being comfortable in your own skin, truly content with who you are.

**Empowerment** means all blocks are removed so you live your life transparently.

**Empowerment** means remembering you are indeed your own best friend.

**Empowerment** means always meeting your own needs and encouraging others to do the same.

**Empowerment** means remaining true to yourself and fulfilling your life's purpose.

**Empowerment** means living far beyond the stagnant waters of shame, guilt, fear, doubt and regret.