

Recognize Your Strengths and Start Building on Them

*While in the gale of a storm it is often difficult to remember
That the storm will eventually head out to sea.*

Storm Headed Out



A sigh expounds with a glance given to the sky
My body loosens jittery, tight muscles
This streak of stormy weather graciously is passing by
Taking bruised inflictions and headed out to sea.

Then it leaves behind brilliant, dancing, puffy veils
Ribbons flow seemingly unaware
The chaos it produced scarred deeply will heal
As it slides gently and drifts silently away.

Living in present moment during the storm gets me through
I find comfort knowing I will survive
Searching for strength I rest in knowing the truth
That all storms eventually slide thankfully on by.

So I live in the moment no worries to claim
Only beauty will lay in front of me
I watch waves roll on in as my tears are replaced
Relief the gift I look forward to receive.

Storms will come again, I know they will roll in
I can do nothing other than be careful and aware
But for now I reflect on what I have endured and learned
There is beauty as the storm heads out gratefully to the sea.

- When you go through a tough storm try living in the present moment as you cannot change the future by worrying about it.
- Remember that life is about change and whatever the outcome after your storm you can deal with it when you know what it is.
- Storms provide opportunities for learning life lessons.
- Pay attention to what strengths you have that help you get through the storm.
- Experience gratitude when the storm leaves for there is beauty in surviving them.

Journal Prompts:

Describe the last storm you endured:

What did you learn from that experience?

How did you feel when the difficult part of the storm was over?

Some of my strengths are: _____

When I prompt myself to be fully present during the storm, I feel more confident that I can survive it. I remember that life is about change and this too will change. I know not only will I survive the stormy experience but I can watch the beauty as it starts to head out and leave.

Affirmation: I can survive stormy experiences and watch gratefully as they head out to sea.