



21 Days of ***EMPOWERMENT***



Quotes & African Proverbs Workbook

Naomi Davidson
MoorWellness

INTRODUCTION

When experiencing and going through life's challenges, quotes and proverbs can be a source of comfort, helping us through the toughest time like a magical mantra.

As you embark on these 21 days, (the same amount of time said to change a habit), may you gain inspiration and the motivation to boost your confidence.

This was my gift to a soul who was in need and asked for a few words of motivation & encouragement.

May this gift also provide you with inner strength, self-compassion and hope.

Moor Wellness ~ Moor Love Family
Naomi x

DAY 1

HOWEVER LONG THE NIGHT, THE DAWN WILL BREAK.

African Proverb

Like many low or dark periods, it can feel like forever, when your soldiering through it, but all seasons must & do change. So regardless of the weather, hold tight, your dawn, your break will eventually come.

Space for reflection....

When was the last time you went through a low or dark period? How did you get through it?

DAY 2

IT DOESN'T MATTER WHERE
YOU ARE COMING FROM.
ALL THAT MATTERS IS
WHERE YOU ARE GOING.

BRIAN TRACY

Whilst your past may determine your future steps. None of your background or history, can be redone. Our future however remains free to be written.
Backward never, forward and upwards ever!

Space for reflection....

What are your dreams and hopes for the future?

DAY 3

SOMETIMES YOU HAVE TO
LOSE EVERYTHING TO GAIN
EVERYTHING, CERTAIN
THINGS HAVE TO END, SO
BETTER THINGS CAN BEGIN.

Trent Shelton

Letting go of our attachments, to things, people or habits unnecessarily weighing us down, can be one of the hardest things to do. But we need to learn to travel light to be ready to receive our blessings.

Space for reflection....

What do you need to let go of?

DAY 4

DON'T LOOK AT WHERE YOU FALL, LOOK AT WHERE YOU SLIPPED

African Proverb

As humans we will make many mistakes, but
it is an opportunity for us to grow and
develop.

You need to learn about your weaknesses, in
order to improve.

Space for reflection....

*What patterns or habits do you keep repeating which
may not support your growth?*

DAY 5

IF YOU CAN'T FLY THEN RUN,
IF YOU CAN'T RUN THEN
WALK, IF YOU CAN'T WALK
THEN CRAWL, BUT
WHATEVER YOU DO YOU
HAVE TO KEEP MOVING
FORWARD.

Martin Luther King Jr

Don't let endless excuses, block you from achieving your dreams, goals or success. When you truly want something you will find a way to get there. No excuses will stop you.

Space for reflection....

What excuses do you make and why?

DAY 6

“YOU MAY NOT CONTROL ALL
THE EVENTS THAT HAPPEN
TO YOU, BUT YOU CAN
DECIDE NOT TO BE REDUCED
BY THEM.”

Maya Angelou

Real personal control
can be found in our chosen response and
actions to external events and not our
reactions. Choose wisely.

Space for reflection....

*Are there any areas where you need to exercise your
personal control?*

ACCEPT WHAT IS,
LET GO OF WHAT WAS AND
HAVE FAITH IN WHAT WILL BE.

Unknown

Learning to trust in the unknown, exercising blind faith, letting go & enduring the process can test our spirits to the limit. Power up your faith by staying intune and boosting your self-belief.

Space for reflection....

What do you need to have more faith in?

DAY 8

DON'T SET SAIL USING SOMEONE ELSE'S STAR

African Proverb

Other people's views of your life are not fact, don't let opinions stop you from realising your dreams. Everyone has their own journey, destiny and path. Follow your star.

Space for reflection....

Whose opinion do you value the most and why?

DAY 9

LET GO OF WHO YOU THINK
YOU'RE SUPPOSED TO BE;
EMBRACE WHO YOU ARE.

Brené Brown

All of our 'I am's', boxes, labels & limitations
can influence and hinder us from expressing
our free flowing authentic self. You are
perfectly you.

Space for reflection....

What are your values?

DAY 10

GROW THROUGH WHAT YOU GO THROUGH

Unkown

Our trials and tribulations can be seen as our biggest testament of inner-strength and resilience. Making it through our toughest times equips us for our life journey.

Space for reflection....

Are there any current challenges that have lessons you can learn from?

DAY 11

YOU CAN, YOU SHOULD, AND
IF YOU'RE BRAVE ENOUGH
TO START, YOU WILL.

Stephen King

Sometimes we need to be bold, brave, courageous and claim our blessings. Walk towards your fears, out of our comfort zone and reclaim what is yours. You owe it to yourself, family and legacy.

Space for reflection....

Are there any dreams or goals that you have been putting off?

DAY 12

THE QUESTION ISN'T WHO'S
GOING TO LET ME; IT'S
WHO IS GOING TO STOP ME.

Ayn Rand

Sometimes you have to stop waiting for
approval, asking for permission & spending
time trying to convince others.
Be fierce, brave, bold & go forward.

Space for reflection....

What is it that you truly want to do/be/have in life?

DAY 13

IF YOU WANNA FLY, YOU GOT
TO GIVE UP THE SHIT THAT
WEIGHS YOU DOWN.

Toni Morrison

Emotional baggage from the past such as, guilt, regret & anger that we unknowingly carry around, energetically weighs us down. Free your mind and soul so that you can truly soar to greater heights.

Space for reflection....

What from your past do you need to heal from?

DAY 14

HOW WOULD YOUR LIFE BE
DIFFERENT IF...YOU
STOPPED ALLOWING OTHER
PEOPLE TO DILUTE OR
POISON YOUR DAY WITH
THEIR WORDS OR OPINIONS?

Steve Maraboli

Trying to please everyone all of the time can be an endless feat, as they still may not be happy. Surely sometimes, it's better to please yourself and be happy, than please someone else and be unhappy...

Space for reflection....

What are your dreams and hopes?..

DAY 15

REMEMBER
ALWAYS THAT YOU NOT
ONLY HAVE THE RIGHT TO BE
AN INDIVIDUAL, YOU HAVE
AN OBLIGATION TO BE ONE.

Eleanor Roosevelt

No one can walk in your shoes or fully know your unique journey. The person who usually criticizes and comments the most, usually has the most flaws. It takes one to know one.
Remember One Size Does Not Fit All!

Space for reflection....

Who is in your counsel?

DAY 16

ASK FOR WHAT YOU WANT
AND BE PREPARED TO GET
IT.

Maya Angelou

Sometimes we can spend so much time worrying about not getting what we want, that we may fail to prepare or be ready to receive what we truly desire. 'Seek and ye shall find, ask and it shall be given.' Have some faith, a yes may not mean immediately but soon.

Space for reflection....

Are you truly ready to receive your blessing & heart's desire?

DAY 17

IF YOU THINK YOU ARE TOO
SMALL TO MAKE A
DIFFERENCE, TRY SLEEPING
WITH A MOSQUITO.”

African Proverb

Stop worrying about the 'how' of what you want to do, focus on 'what' you are trying to achieve and 'why' and you will attract all that you need to be successful. It's not the size that matters but your consistency, determination & will that will make you great.

Space for reflection....

What limiting beliefs are blocking you from achieving your greatness?

DAY 18

WE DO NOT NEED MAGIC TO
TRANSFORM OUR WORLD. WE
CARRY ALL OF THE POWER
WE NEED INSIDE OURSELVES
ALREADY

J.K. Rowling

It's so much easier to think of someone else coming to our rescue, but sometimes we have to save ourselves. Trust, believe, and know that you have the power. The power is within you. Dig deep.

Space for reflection....

What qualities do you possess?

DAY 19

AROUND A FLOWERING TREE, THERE ARE MANY INSECTS

African Proverb

Sometimes you will know you are on the right path, when you begin to experience more obstacles, trials and tests whether these are from people or circumstances. Don't stop, use them as lessons to guide you on your way, but try and keep move forward.

Space for reflection....

What areas do you need to build more strength in?

AND THE DAY CAME WHEN
THE RISK TO REMAIN TIGHT
IN A BUD WAS MORE PAINFUL
THAN THE RISK IT TOOK TO
BLOSSOM.

Anaïs Nin

There comes a point when playing small,
downplaying your talents, and greatness in
order not be notice, take up space or
attention does you more harm.

Space for reflection....

Are you truly living up to your greatness?

YOU WERE PUT ON THIS
EARTH TO ACHIEVE YOUR
GREATEST SELF, TO LIVE
OUT YOUR PURPOSE, AND TO
DO IT COURAGEOUSLY.

Steve Maraboli

You can have a great body, family & home
but if your life is lacking in purpose
and meaning, you may feel feel void, empty
and unsatisfied. Living out our life's purpose
gives us drive, passion, fulfilment and
happiness.

Space for reflection....

What is your life purpose or soul passion?

Moor Blessings on Your Journey

Holistic Wellness
www.MoorYoni.com