

## An introduction to discover your world

All we can ever do is use what we have, right here, right now, to simply take the

next best step. And as long as we are consistently doing this, with the right intent, we are growing, we are changing our lives, bit by bit, day by day. In fact, it's amazing just how much you can achieve, with very little, as long as you are coming from a place of genuine joy and honesty.

But like many things in life, we avoid our dreams and believe them to be unachievable, outside of our scope, ability and resources, simply because we think we have to do it in a certain way, in a certain timescale and achieve certain outcomes, when in fact much of the growth, the learning, the success, is to be found in the process, of learning to be kind to ourselves, of learning to celebrate the ordinary and the small wins, to drop the fear of judgement and comparison, to recognise progress no matter how small and most importantly of all, of daring to define our own success, in our own way and move to our own beat.

Rome was not built in a day, patience is a virtue, comparison is the thief of joy and yes, you probably are your harshest critic.

Change is achieved by the small, meaningful steps, consistently taken day in, day out, from people who believe in their dreams, their instinct and their ability to make it happen when it is right for them. It is not reserved for others, you are the change you have been waiting for, we are all extraordinary in our own way and the very things you seek are already within you.

And this is the foundation upon which my discovery sessions are built - they exist to help you manage the hell out of your life and to be all that you can.

They are called discovery sessions because that is what they are there to do - to help you truly discover who you are, not who you have been told to be, or indeed expected to be.

Discovery sessions are a psychologically safe place to explore your ideas and dreams, share your fears and challenges, understand your constraints and boundaries, unleash your creativity and access an objective view to help make sense of what your future could look like, should you choose to go there.

But perhaps most importantly, it's about helping you to find yourself - to create simplicity in an increasingly complex world, to trust your instincts, to accept discomfort and uncertainty and transform it into opportunity and adventure.

Bryant McGill poignantly writes:

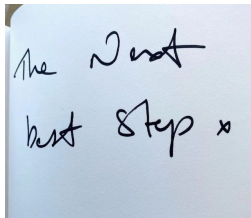
“Real transformation requires real honesty. If you want to move forward – get real with yourself.”

These introductory sessions last around 1.5 hours, they are free, there is absolutely no obligation to buy anything, you will not be emailed every day thereafter trying to persuade you to go ahead, this is exactly what it says it is - an introduction to allow us to meet, see how we get on, allow you to experience the process and create some headspace to reflect on what it is you really want to do with your life.

Please do book a space if this speaks to your heart and we will see where we go from there.

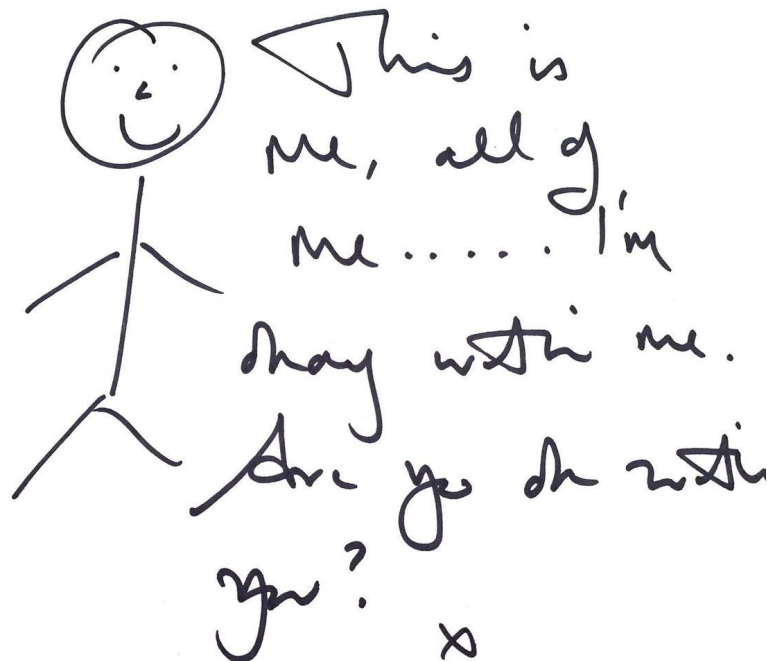
With love

Nik x



## **Please follow the link below to book an introductory discovery session**

Book your free place for an introductory discovery session



If you would like to read more about discovery sessions, please follow the link below:

[More about Discovery Sessions with Nik Davis](#)

If you would like to read some random but hopefully inspiring stuff on life, please follow the link below to my somewhat diverse, unfiltered and honest blogs:

Nik's blog

If you would like to feed your curiosity, please follow the link below to take a peek at a library for the curious:

A library for the curious



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