

April 2023 Newsletter



NURTURING YOUR PERSONAL GROWTH

by Tara Johnson

As we journey through life, we all have moments when we question who we are and what we want from our lives. It is through this self-discovery process that we learn more about ourselves and our purpose. Just like planting a garden, nurturing our personal growth requires patience, perseverance, and mindfulness.

The first step to self-discovery is to plant the seeds of self-awareness. Take time to reflect on your beliefs, values, and passions. Identify your strengths and weaknesses, and acknowledge areas where you need to grow. This self-reflection will help you cultivate a deeper understanding of yourself.

Once you have planted the seeds of self-awareness, it is important to nurture them. Just as plants need water and sunlight, our personal growth requires self-care, self-compassion, and support from others. Prioritize activities that nourish your mind, body, and soul, such as practicing mindfulness, exercising regularly, and connecting with loved ones.

As your self-discovery journey continues, it is normal to encounter obstacles and challenges. Just like a garden, our personal growth requires effort and attention. Remember to stay open-minded and embrace the lessons that come with setbacks. Learn from your experiences and keep pushing forward.

Finally, the last step in nurturing personal growth is to harvest the fruits of your labor, right? Celebrate your achievements, no matter how small you think they are, and acknowledge the progress you've made. Share your experiences with others, and inspire them to embark on their own self-discovery journey.

Remember, just like planting a garden, personal growth requires time, effort, and patience. But with each step, you will blossom into the best version of yourself. So, embrace the journey and watch yourself bloom!



Newsletter Highlights

A Message about Self-Discovery & Growth

Tips & Strategies

Welcome to My Happy Place

Featured Story

**Recommendations
Monthly Challenge**



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Questions & Answers

Q: What is self-discovery, and why is it important?

A: Self-discovery is the process of getting to know yourself on a deeper level. It involves exploring your thoughts, feelings, and beliefs, as well as your strengths, weaknesses, and passions. Self-discovery is important because it can help you gain clarity on your purpose in life, identify your goals and values, and cultivate a sense of self-awareness and personal growth.

Q: How can journaling help with self-discovery?

A: Journaling is a powerful tool for self-discovery because it lets you explore your thoughts and feelings in a safe and private space. By writing down your experiences, emotions, and insights, you can gain a deeper understanding of yourself and your inner world. Journaling also helps you identify patterns in your thinking and behavior, and develop a greater sense of self-awareness and reflection.

Quote of the month

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes
— William James



Tips & Strategies

- Set clear and specific goals for yourself.
- Read self-help books or maybe attend personal development workshops.
- Practice self-reflection and self-awareness.
- Take time for self-care: make sure you **prioritize your** mental & physical health.
- Create a daily routine and **stick to it**.
- **Journal your thoughts and feelings**.
- Surround yourself with positive & supportive people.
- Practice gratitude, and focus on the positives in your life.
- Learn new skills & challenge yourself to step outside of your comfort zone.
- Practice mindfulness & meditation.
- **Get a coach** to guide you on your journey.
- Build a growth mindset: look at challenges as opportunities for growth.
- Practice forgiveness, and let go of past resentments & grudges.
- Set boundaries: learn to **say "no"** when necessary.
- **Celebrate** & be thankful for your successes and achievements, no matter how small.





My Happy Place

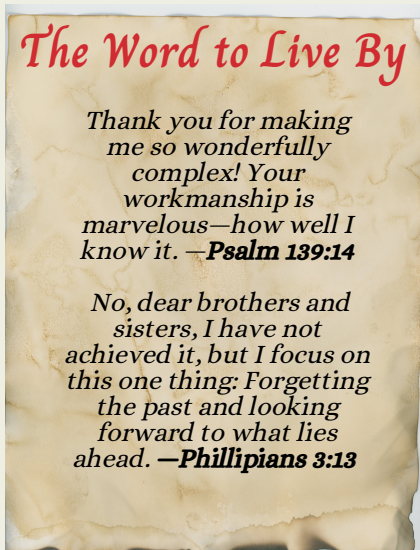
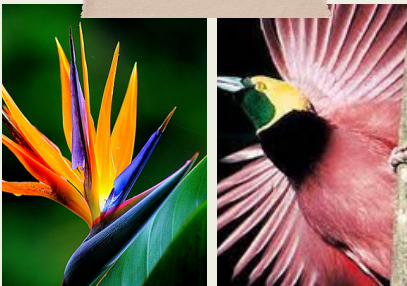
The space for mind games (the good kind),
poetry (the bad kind) & other fun things



Birds of Paradise

Planting seeds of change within,
Revelation of self we now begin,
Purpose, power, love we sow,
Feel it take root! Watch it grow!

Nurturing with tender care
Each small sprout, every shoot we bear
With patience, like water, sun, and earth
We feed each seedling, increase it's worth.
Our roots run deep, our stems stand strong
We thrum the beat of a new life's song,
We blossom, transform, & reach for the sky,
We spread our wings and boldly fly!



The Word to Live By

*Thank you for making
me so wonderfully
complex! Your
workmanship is
marvelous—how well I
know it. —Psalm 139:14*

*No, dear brothers and
sisters, I have not
achieved it, but I focus on
this one thing: Forgetting
the past and looking
forward to what lies
ahead. —Phillipians 3:13*

Recommended

This month's theme is self-discovery &
personal growth; here are some fantastic picks
for readers of all ages.



"The Alchemist" by Paulo Coelho

The story follows a shepherd boy named Santiago who embarks on a journey to fulfill his dreams and find his true purpose in life.

"I Was Born for This" by Alice Oseman

Young adult novel about two teenagers, Angel and Jimmy, who have different struggles but are both fans of the same boy band. As they prepare to attend a concert, their lives intersect in unexpected ways, leading them to question their beliefs, values, and purpose. It is a story about self-discovery, friendship, and the importance of staying true to oneself in a world full of pressure and expectations.

"Hello Universe" by Erin Entrada Kelly

Middle-grade novel that follows the interconnected stories of four children who are all on a journey of self-discovery. When a prank goes wrong, one character is trapped at the bottom of a well, and it's up to friends to come to the rescue. Along the way, each character confronts their fears and learns important lessons about bravery, friendship, and the power of believing in oneself. Recommended ages 8-12.

"A Bad Case of Stripes" by David Shannon

Camilla is so concerned with fitting in and pleasing others that she develops an illness that causes her skin to change colors and patterns based on her surroundings. Through her journey, Camilla learns the importance of self-acceptance and being true to herself. Recommended for ages 4-8.

Song of the month: "You Say" by Lauren Daigle, a beautiful and uplifting song that encourages us to believe in ourselves and our worth.

***I hope you enjoy the picks of the
month and discover something
new that resonates with you.
Happy reading and listening!***

Feature Story:

Johanna*

After I graduated from culinary school, I was feeling very lost and overwhelmed. Before I started working with Tara as my life coach, I always dreamed about owning my own bakery, but I didn't think I could make it into reality. I told myself I wasn't good enough, my ideas weren't that original, I didn't have the money, and I didn't have what it takes to be successful.

Last year Tara told me she was doing life coaching, and explained what it was all about. When she offered me sessions, I knew it was right on time. Coaching helped me turn around all the negative things I was thinking, and look at everything different. Instead of worrying about what I thought I couldn't do, I started to realize I had strengths and skills that I wasn't giving myself credit for. She also helped me make a clear plan to start my business, and broke the process down into small steps that weren't overwhelming for me.

With the sessions, I got the confidence I needed to actually start selling on my own. Sometimes I still have a little bit of self-doubts, but now I can recognize the negative thoughts and replace them with positivity. Thanks to Coach I got to start living my dream, and I know I can count on her support while I work to the next level. I am grateful for the experience and highly recommend Tara and her business Reveal You Life Coaching to anybody who wants to overcome their fears and reach their goals.

Live your dream

Become a Reveal You Life Coaching client

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Monthly Challenge

Welcome to the 7 Day Challenge

This challenge is designed to help you make progress on your personal growth journey in just one week.

At the end of the challenge, I would love to hear about your experience. Please share your reflections and any insights you gained during the challenge by email, on the website or social media pages. Your feedback will help improve and develop future challenges to better serve you.

So, are you ready to take on the challenge?

Let's get started!

Day 1: Mindfulness

Take 10 minutes to practice mindfulness meditation. Sit in a comfortable and quiet place and focus on your breath, letting your thoughts come and go without judgment.

Day 2: Gratitude

Write down three things you're grateful for today. Focus on the positive things in your life and take time to appreciate them.

Day 3: Challenge yourself

Do something outside of your comfort zone today. It could be as small as striking up a conversation with a stranger or as big as trying a new hobby.

Day 4: Self-reflection

Take 15 minutes to reflect on your goals and priorities. Write down what's important to you and what steps you can take to get closer to achieving your goals.

Day 5: Self-care

Take care of your physical and mental health today. Go for a walk, take a relaxing bath, or do something else that makes you feel good.

Day 6: Learn something new

Take 30 minutes to learn something new today. It could be starting to learn a new language, a new skill, or just something that interests you.

Day 7: Celebrate your progress

Take time to celebrate the progress you've made this week. Write down your accomplishments and be proud of yourself for taking steps towards self-discovery and growth.





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Thank you for taking the time to read this month's newsletter. I hope that you have found it insightful and inspiring wherever you are on your journey of self-discovery and personal growth.

I would love to hear your thoughts and feedback on the content shared. If you have any questions or comments, please do not hesitate to reach out to RevealYou.LifeCoaching@gmail.com

I look forward to sharing more tips, strategies, and inspiration in the next newsletter. Until then, wish you all the best.

Book by April 19th using code **APR419** to receive **\$50 off** any paid in full package at Reveal-You.life

Tara