



THINKING SPACE CHALLENGE

DAY 4

The Inner Net

Acquiring self-knowledge is important for profound inner change. Just like we search the internet for answers to daily questions, we can look within ourselves for guidance and truth.

“Learn to look within yourself for that which you seek out there. For you will never find your joy, peace, and fulfillment out there. You will only find it by learning to look within.” ~ Luminita D. Saviuc

The Inner Net is a play on words on the internet which is the place many of us go to gain clarity on things we need to know. Just like we have the internet, we also have our inner net – the place we can go within ourselves to ask and answer important questions. After all, who knows us better than ourselves? The ideal answer to that question should be ourselves – US. Many of us seek the answers to life's questions by looking outside of ourselves and trying to glean advice from the people around us. But as each of us is unique, with our own personal histories, our own sense of right and wrong, and our own way of experiencing the world that defines our realities, looking to others for our answers is only partially helpful. The answers to our personal questions can be most often found by looking within. When you realise that you always have access to the part of you that always knows what you need and is meant to act as your inner compass, you can stop searching outside of yourself. If you can learn to hear, trust, and embrace the wisdom that lives within you, you will be able to confidently navigate your life.

The inner net is all about seeking answers within.

Look Inside

When you second guess yourself and go against what you know to be your truth, you can easily go off course because you are no longer following your inner compass. By looking inside yourself for the answers to your life's questions, you are consulting your best guide. Only you can know the how's and why's of your life. The answers that you seek can be found when you start answering your own questions. When we realize that we always have the answers within ourselves, we can limit how much advice we seek from the outside on things only we can know. Trusting yourself is one of the most helpful things you can do for you in your life. It can help build your confidence, allow others to trust you more, and make the process of decision making much easier. To trust yourself, all you need is to make a little effort, create self-love, and find the ability to look inward. Self-trust is directly linked to our self esteem.

What Does Self-trust Look Like?

People who trust themselves stay true to their values and beliefs, regardless of their situation. They know they are capable of overcoming obstacles and surviving difficulties. When life throws lemons at them, they refuse to give up and lose hope.

Science says that self-trust paves the way for personal autonomy and self-respect.

- being aware of your thoughts and emotions
- having the courage to stick to your core values and say bye to peer pressure
- expressing yourself honestly (this means saying NO to things you don't want to do)
- knowing when to prioritize your well-being over everything else
- being confident that when life throws you lemons, you can hit them out of the park
- pursuing your dreams without letting others get in your way

Journaling practice taking all of these things into consideration.