

developing
our INNER STRENGTH
allows us to meet
and DEAL with life's
CHALLENGES

- Gabrielle Treanor



What does being strong mean to you? Do you picture someone pulling a double-decker bus? Or an individual speaking up for justice for others? Or someone who's facing immense hardship continuing to find hope?

Developing our inner strength allows us to meet and deal with life's challenges. This can look like confidence, self-belief, resilience, self-trust, courage. It can be a quiet knowing, an understanding of your values and intuition that gives you the strength to live in a way that feels right and true for you.

When you feel strong and grounded on the inside you feel better able to face the world on the outside. Not because everything goes perfectly or you find things easy or you have all the answers. But because you believe that whatever happens you'll be okay. You'll have the strength to weather whatever storm comes your way. The storm may batter you, you may bend and twist but you won't break in two.

Having inner strength doesn't mean that you don't feel pain, difficulty or embarrassment. It doesn't mean that the odds won't be stacked against you or that life won't treat you unfairly. Having inner strength means that who you are as a person cannot be diminished by what the world tells you or how it treats you. It allows you to know, understand and believe in yourself, even when you don't have all the answers or can't see a clear path ahead, and to trust that you are and will be okay.

It takes strength to ask for help, to admit this is tough, you don't have the answer and you need support, whether it's in a relationship, at work or in everyday life.

It takes strength to take a step, to put yourself out there when you aren't sure whether you could fly high or crash and burn.

It takes strength to make mistakes, to admit when you get it wrong and to apologise.

It takes strength to pick yourself back up and believe in what could be possible for you, to try again, and again, and again.

It takes strength to hope, to trust in others, to commit and work towards what you believe in.

It takes strength to use your voice, to show your face, to speak and stand up for what you believe, for what you need and want.

Some days you may feel strong enough to climb a mountain, while another day it may take all your strength to climb out of bed.

Your strength comes from within you, it belongs to you and how strong someone else sounds or acts makes no difference to the strength you hold inside. In the very core of you lies a well of strength. It may take support, understanding and trust for you to access it but it's there ready for you to tap into, build and embody.

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