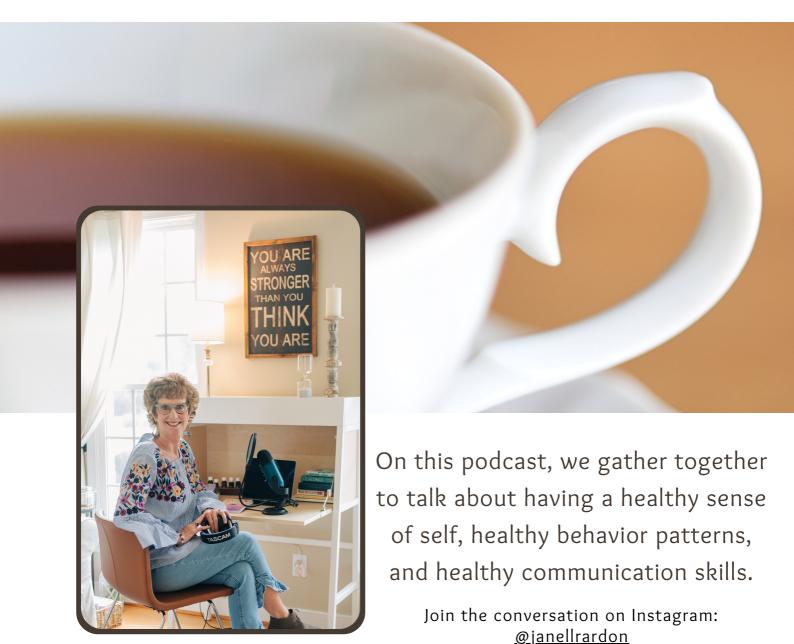


janellrardon.com



This Week's Conversation

Welcome to Gem Fadling, author of "Hold That Thought: Sorting Through the Voices in Our Heads," and founding partner of Unhurried Living, a ministry committed to helping us all slow down in order to give time and space to our spiritual formation. Gem's a favorite of our community and this two-part conversation is rich with meaning and love.



Meet Our Guest

Gem Fadling, CLC, is a founding partner of Unhurried Living, Inc., a non-profit that trains people to rest deeper, live fuller and lead better. She is a Certified Life Coach and a trained Spiritual Director who coaches women at the intersection of spiritual leadership and soul care.

Gem is the host of the I Can Do That! Podcast as well as the co-author of What Does Your Soul Love? Eight Questions That Reveal God's Work in You, and author of Hold That Thought: Sorting Through the Voices in Our Heads. Connect with Gem on Instagram.

OUR THOUGHTS ARE LIKE Post-it notes we carry around in our pockets. We walk around labeling everything we see, beginning with ourselves. Too fat, too thin, too loud, too quiet, too much, not enough. Post-it after Post-it, we categorize, classify, and catalog. It's exhausting because we believe the words on our Post-its have the final say when, in fact, they are simply our thoughts. Our actions stem from our thoughts and emotions about our circumstances—and we wonder why we experience the results we do.



Hold That Thought: Sorting Through the Voices in Our Heads

#kindlequotes

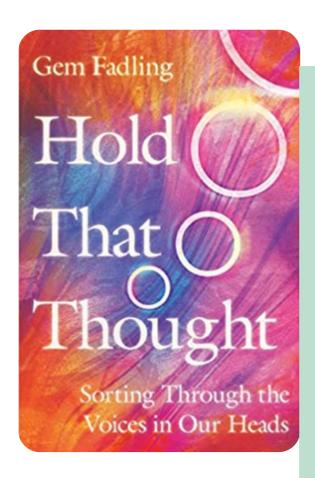


If You Want More...



- Download this week's "loosely edited" transcript" and highlight your teaching moments.
- Watch the <u>YouTube Video</u>...maybe
 with your partner or small group.
 Typically uploaded by Friday.
- Ask questions or share thoughts over on our Instagram page: ojanellrardon

Imagine yourself as a portable sanctuary.
Your own body is your prayer room and can be accessed at any time to enter this processing space.





Personal Reflection

- 1. Take stock of your own inner Post-it notes. How might you remove those stickies and replace them with more helpful thoughts?
- 2. How tired are you of being second fiddle to your most unhelpful thoughts? How brave and honest can you be in making the necessary shifts in thinking?
- 3. What does it mean to you that you are a portable sanctuary?
- 4. What will it look like for you to reflect on and step into your life in a more open and fresh way?

-From "Hold That Thought: Sorting Through the Voices in Our Heads," Engaging God's Voice," Chapter 10



Ask questions or share thoughts over on our Instagram page:
<u>@janellrardon</u>

Do Your Own Heart Work

Healthy relationships look like this:

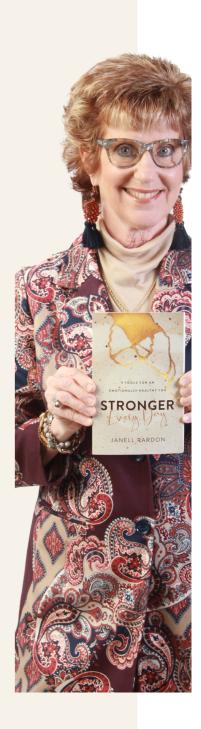
a healthy me + a healthy you = a

healthy we.

We can only do our own heart work.

We can't make or force or coerce or manipulate anyone to change. It is up to them.

Visit the mental gym every single day. In "Stronger Every Day: 9 Tools for an Emotionally Healthy You," find strength training for your SOUL.





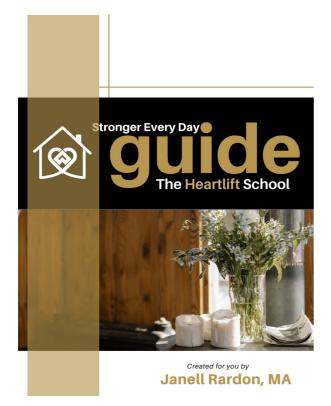
https://www.youtube.com/watch?v=XdT2QXqQaC8&t=64s



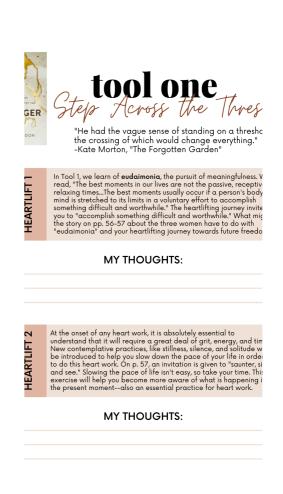
A heartlift is the process of vocalizing crushing pain (trauma) in a safe space, with a safe person, in a healthy manner that brings clearance and closure and emotional healing in a way that ultimately leads to true freedom.



Become Your Very Own Heart Coach



Visit <u>The Heartlift School</u> and Enroll in Your First Course!



Join my online community,

www.facebook.com/groups/strongereverydayc

Catch Up On Past Episodes















Let's take this heartlifting journey, together. Healing happens in community and healing doesn't have to be complicated.









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Thank you!







Share with your friends, family, & small groups!

Notes