



Self Development

Growth Beyond Despair



Letting go of your past is mega-hard but if you're brave enough, you can do it!

My mission is to inspire you!

Self-Development is not just about change. It is a GROWTH PROCESS, a unique TOUR IN DISCOVERY to be embarked upon by any one person finding the courage within themselves to UNVEIL THE TRUTH of who they WERE, who they ARE, and WHO THEY ARE BECOMING!

Here's what we generally **KNOW** about Self-Development as individuals:

To go down that path of Self-Development is a HUGE STEP!

- Self-Development is ultimately about choice...OUR CHOICE!
- Self-Development is likewise about TIME...OUR TIME!
- Self-Development programs cost money we CAN'T USUALLY AFFORD!

And here's what we probably **DON'T KNOW** as individuals:

- SELF-DEVELOPMENT DOES NOT HAVE TO BE COSTLY!
- WE CAN DO IT OURSELVES!
- WE CAN DO IT IN OUR TIME AND IN OUR SPACE!
- WE CAN DO IT WHEN WE'RE READY!

Foundation ❁ *Awakening* ❁ *Breakthrough*



Here's the thing about human beings in general

❀ **WE'RE NEVER READY** – we're never ready to break through to new horizons, to see hope beyond hopelessness nor resounding courage beyond fear. Take our NYE resolutions that in essence turn out to be merely wishful thinking; those once a year promises we make at midnight to HOPEFULLY change the things about ourself that disappoint us the most.

❀ **WE RESIST CHANGE OF ANY TYPE** – and most often to our own detriment. Out of FEAR we refuse to acknowledge CHANGE as being a builder of inner strength, emotional resilience and growth on so many levels.

❀ **WE RELY ON COMFORT** – Those deeply impregnated patterns of behaviour that in most instances provide only temporary and feel-good relief rather than any serious commitment on our part to long term change. And here's the kicker;

❀ **WE STRUGGLE WITH HONESTY** – being really honest with ourselves is overwhelming, so confronting and absolutely detrimental to the stability of our emotional walls of defence or armour plating if you will. Yet, it is those seemingly impenetrable walls of protection that need to tumble one by one for real and lasting change to be effected.



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But at some point...
At any stage in life there is always
A CATALYST FOR CHANGE



Way more than just a story,
a time when TRUTH became
my leveller and my strength,
the planer of honesty
and the sandblaster of

Reality!

❀ **I WAS 54 YEARS OLD** before I STARTED MY JOURNEY OF DISCOVERY never knowing how long that journey would take me let alone, knowing if I would have the fortitude to see it through. Hence the title of my book:
WHEN TIME MEANS NOTHING

❀ After so many long, draining and emotional years in fact **17 years and four months of endless soul searching**, marking time and mental gymnastics resulting from events and discoveries about myself and history regarding my past, **I find myself left only with questions:**

- WHAT HAPPENED, why has it taken forever to complete my Journey of Self-Development, and CRUCIALLY, what can I honestly say I HAVE LEARNED from my experience?
- The truth is, I haven't completed my journey at all. It is far from over!
- "Where I am now is but a watering hole; a pool of reflection"

Judi Nash 2025 ©

LEAVE A COMMENT





Today my mission is:

To help others find the
PEACE and CONFIDENCE
that comes with LETTING GO
of your PAST and moving on
to create a BETTER LIFE for
yourself!

**Thought
for the
day...**

Having a rough day?
Place your hand on your heart.
Feel that? That's called purpose.
You're alive for a reason!
DON'T GIVE UP!!!!!!

TOGETHER WE GROW STRONG
Join our Self Help Community

COMING SOON



CLICK TO PURCHASE THE BOOK

And when you're ready. . .

come and join my social media family if for no other reason than to reflect,
share your thoughts, pass a comment or heaven forbid, to laugh a little...or a lot!

