

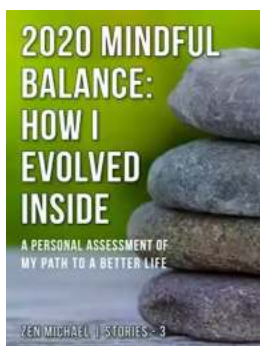
Stories: Personal Assessment Of My Path To a Better Life - Zen Michael Stories



to the Path of Self-Discovery

Life is a beautiful journey that presents us with numerous opportunities for growth, transformation, and happiness. However, this path to a better life is often

hindered by our own limitations, struggles, and insecurities. In this personal assessment of my journey towards self-discovery and a better life, I want to share some insightful stories that have shaped my perspective and provided me with valuable life lessons.



2020 Mindful Balance: How I Evolved Inside: Stories 3 - A personal assessment of my path to a better life (Zen Michael Stories)

by Scott David Plumlee(Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English
File size : 3268 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 16 pages



The Transformation through Zen

After years of living a chaotic and unsatisfying life, I stumbled upon the path of Zen. Zen philosophy emphasizes the importance of finding inner peace, mindfulness, and living in the present moment. This ancient wisdom has had a profound impact on my overall well-being and has helped me navigate through the challenges of life.

One of the most valuable lessons I've learned from Zen is the art of letting go. By realizing that attachment leads to suffering, I have been able to detach myself from material possessions, external expectations, and negative emotions. This liberation has allowed me to experience true freedom and inner tranquility.

Embracing Change and Facing Fear

Change is inevitable in life, and one of my personal assessments was understanding the importance of embracing change rather than resisting it. Often, fear holds us back from experiencing growth and stepping outside of our comfort zones. However, I discovered that true growth lies beyond fear.

A pivotal moment in my journey was when I decided to quit my stagnant corporate job and pursue my passion for writing. It was a leap of faith that entailed uncertainty and fear, but it also brought immense joy and fulfillment. Letting go of the security blanket and taking risks has been a transformative experience that has opened doors to new opportunities and self-discovery.

Overcoming Limiting Beliefs and Cultivating Confidence

We all carry limiting beliefs that hinder our progress towards a better life. These beliefs are often rooted in self-doubt, fear of failure, or societal expectations. Actively identifying and challenging these beliefs is essential for personal growth and self-improvement.

I vividly remember a time when I doubted my creative abilities and believed that I couldn't make a living doing what I love. However, through self-reflection and encouragement from loved ones, I started embracing my talent and cultivating confidence in my abilities. This shift in mindset allowed me to embark on a fulfilling creative journey and prove my self-doubts wrong.

Building Positive Relationships and Nurturing Self-Care

Surrounding ourselves with positive and nurturing relationships plays a crucial role in our overall well-being. As I evaluated my path, I recognized the significance of authentic connections that uplifted my spirit and supported my growth.

Additionally, self-care became an integral part of my personal assessment. Prioritizing my physical, mental, and emotional well-being has enhanced my productivity, creativity, and overall happiness. Through practicing mindfulness, exercise, and hobbies that bring me joy, I have come to truly appreciate the importance of self-nurturing.

Cultivating Gratitude and Mindful Presence

The power of gratitude and mindful presence cannot be overstated. Taking time to acknowledge and appreciate the blessings in our lives fosters a positive mindset and attracts more of what we desire.

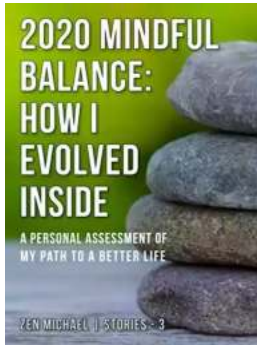
Every day, I make a conscious effort to practice gratitude by reflecting on the simple joys, lessons learned, and the support I have received. This practice has significantly enhanced my overall sense of contentment and has allowed me to enjoy the present moment fully.

The Journey Continues

My personal assessment is an ongoing process, and I look forward to embarking on new adventures, uncovering deeper truths, and further aligning my life with my inner desires. The stories shared in this article are a glimpse into my journey towards a better life, but each individual has their unique path to explore.

We all have the power to unleash our true potential and create a life filled with purpose, joy, and fulfillment. It only requires a conscious commitment to self-reflection, embracing change, and nurturing our inner state. Together, let us embark on a journey of self-discovery and create the life we truly deserve.

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At the end of one more year in which I dedicated more time and attention to mindfulness and meditation, I tried to make a small assessment to see how I evolved inside throughout 2020.

This is my first personal written annual evaluation. The first one I do in detail and in public. Doing it this way is a little scary but, even so, I decided to take the risk of sharing this experience/exercise.

Something I also learned this year is that we are more like each other than we realize or we want to admit.

Because of that, sharing our experiences can also be an important way of evolving together, so I will share my thoughts believing that this sharing can help me see myself more clearly and may also help others.

In this ebook, I share my journey and how think I evolved in this last year.

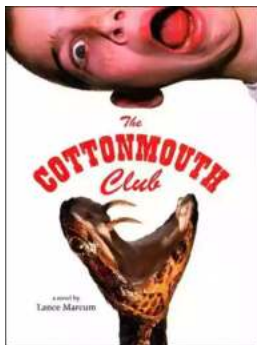
Remember you can always find peace and joy — just look inside yourself.

Zen Michael



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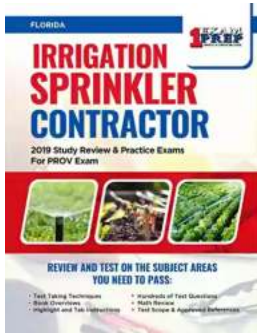
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