



From the Editor

Welcome to this month's edition of "Fearlessly Authentic." Are you living or merely existing? Are you being your authentic self, without fear of reproach or displeasure? Are you doing the things you love? Or are you living through the lives of others? Are you being pressured by society to remain small? Are you living your best life at the moment? This newsletter's key objective is to help set you free to be YOUUnique and live life fully without fear, but courageously conquering all. To catch up on previous editions, please visit <https://heelsofinfluence.com/fearlessly-authentic/>

This month, we must tackle the issue of REST. REST is the one action that is barely done. REST tends to be alien to our culture, as we believe we must always be on the move, either to somewhere or nowhere at all; it depends. I have come to realize that when you tell people you are taking time off work or taking a gap year, first impressions are always that something is wrong.

However, taking time to REST empowers you for the next move, assignment, role, project, milestone etc. I am not just speaking about the occasional vacations we take, I am also referring to a time when you may need to take time off to energise, to continue to be innovative. This could be for short or long periods. The whole idea is giving yourself time to go somewhere quiet, to refresh.

- Oge Funlola Modie



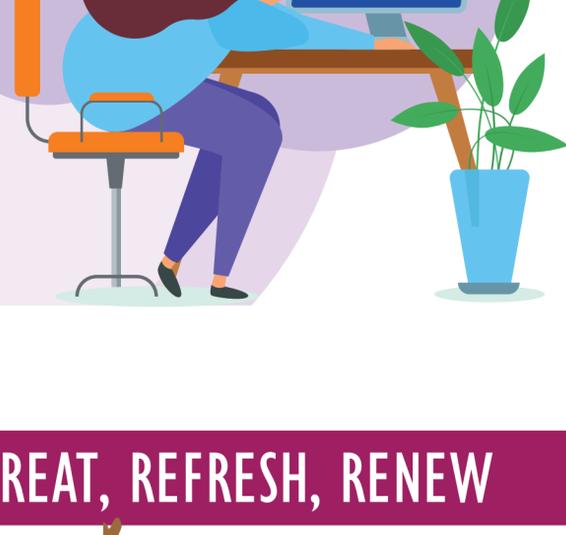
REST

REST¹ ; (verb) to refresh oneself, as by sleeping, lying down, or relaxing. To relieve weariness by cessation of exertion or labor.

How do I REST? The process of Rest that I have discovered and use is;

R etreat, Refresh, Renew E mbrace, Empower, Energise S urrender, Seek, Sustain T ime

The most important thing is recognizing you need to take time to rest; you need to know that the world won't stop just because you are taking a rest. It is key that you build a support system and/or network that can allow you take times of refreshing. You are bound to burn out, if you continue in the way of "If not me, no one else can". This is delusional and shows very poor leadership and coaching skills. Build trust within your team/network and recognize those who can take up more responsibilities and make them leaders. I always believe that a true measure of my leadership is when my team can manage brilliantly without me being there and go on to be masters of the work.

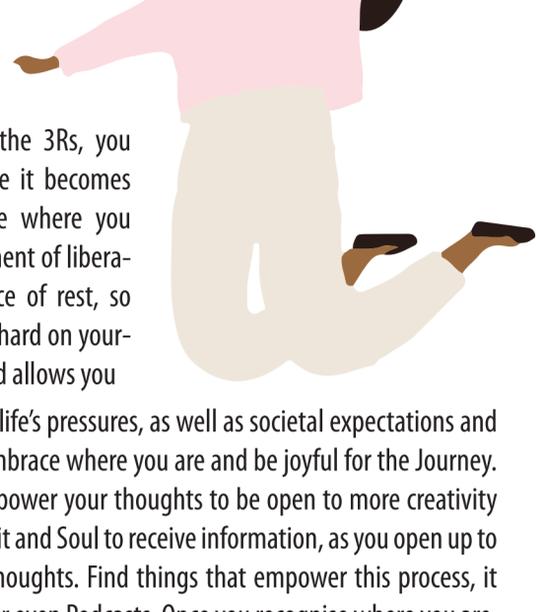


1 RETREAT, REFRESH, RENEW



When you decide to take a REST, you must shut down all activity and find a getaway to Retreat, Refresh and Renew your Spirit, Soul and Body. Remember, we as humans are three dimensional and you must cater to each of these elements. To retreat simply means to find a secluded place, all by yourself, for privacy and aloneness. When you find a place of retreat, your key objective should be to refresh your body through sleep, your soul through rest and your spirit through prayer and meditation. As you sleep, the body renews itself by building strength, through rest and repairing anything that needs to be repaired, through sleep. Your soul is renewed through a process of unloading emotions, dismantling notions and most importantly, forgiving yourself of mistakes and forgiving others who have hurt you. You find rest for your soul when you deliberately go through a process of letting go. Your Spirit gets renewed through prayer and meditating on words; such as the Word of God (for me) and reminding yourself of just how special you are (words of affirmation).

2 EMBRACE, EMPOWER, ENERGISE



As you pass through the 3Rs, you come to a place where it becomes imperative to embrace where you are. This I call, my moment of liberation. You are in a place of rest, so there is no need being hard on yourself; because this period allows you to get away from all of life's pressures, as well as societal expectations and therefore it's time to embrace where you are and be joyful for the Journey. As you do this, you empower your thoughts to be open to more creativity and empower your Spirit and Soul to receive information, as you open up to new things and new thoughts. Find things that empower this process, it could be Music, Books or even Podcasts. Once you recognise where you are, it becomes easy to find things that can help the process of empowering. For me, prayer helps my empowerment process, whereby I navigate through conversations with God, what needs to be done. It is also important that you get energized from the REST period. Do things that make you happy; taking walks, being a foodie, reading, running etc. Nothing hard; soft and easy activities that restore, yet does not stress. Allow yourself to be pampered by you!!! Be kind to yourself. You matter!!

TO BE CONTINUED

ABOUT HEELS OF INFLUENCE

Heels of Influence is a space for the everyday woman. This space encourages storytelling, history, changing narratives and being the authentic you without fear.

Please write in to share your stories
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Oge is an author, speaker and coach. She is involved in causes for women, young people and the vulnerable. She loves to read comics, watch comedy flicks, listen to music and play golf. Shares her love threefold- Love for God, Love for People, Love for Country.