

WALK YOUR TALK — Tom LeNoble

NEW OPENINGS

An opening does not always announce itself. Sometimes we have to notice it. Sometimes we have to create it. And sometimes we have to get out of our own way long enough to walk through it.

OPEN YOUR EYES

We can move through familiar places, routines, relationships, and even our own lives without really seeing them. Look again. What has changed? What have you been overlooking? What might be right in front of you that you are finally ready to see?

Ask yourself: *What am I being invited to see differently?*

OPEN YOUR MIND

An open mind does not require us to abandon what we believe. It asks us to make room for what we may not yet understand. Listening to another person's experience can change how we see our own.

Ask yourself: *Where have I become so certain that I have stopped being curious?*

OPEN YOUR HEART

Connection often begins when we stop protecting ourselves from every possibility of disappointment. Love, friendship, community, generosity, forgiveness, and belonging all require some willingness to be vulnerable.

Ask yourself: *Where could I choose connection instead of protection?*

NOTICE WHAT FEAR CLOSES

Fear has a way of making our world smaller. It can close doors before we even reach them. Courage does not mean fear disappears. Sometimes courage is simply refusing to let fear make the decision.

Ask yourself: *What would I do if fear did not get the final vote?*

LET LOVE OPEN SOMETHING

Love is more than a feeling. It can be a way of moving through the world. Love can open conversations, possibilities, relationships, understanding, forgiveness, and sometimes a part of ourselves we thought had closed for good.

Ask yourself: *What could love open that fear has kept closed?*

WALK THROUGH

Seeing an opening is not the same as taking it. There comes a moment when reflection has to become movement. You may not know what is waiting on the other side. That is part of the risk.

Take the step. Make the call. Have the conversation. Say yes. Say no. Forgive. Begin again. Go somewhere you have never gone, even if that place is simply a different way of being you.

YOUR WALK THIS WEEK

One thing I will open my eyes to: _____

One belief I will become more curious about: _____

One place I will open my heart: _____

One fear I will stop allowing to decide for me: _____

One opening I am willing to walk through: _____

You do not have to know where every opening will lead.

You only have to be willing to notice when one appears.

May we keep opening our eyes, opening our minds, and opening our hearts.