



GARDEN of AYDEN

FRIDAY | 31ST JULY 2020

UPHEAVAL VS. OPPORTUNITY

Can you believe we have already reached the end of July? At the end of the day, we all have an eclectic choice in how we respond to our day to day lives, our environment, our circumstances. A force majeure can bring out the best in us, if we so choose. I wish to encourage you to rise and stretch and seek defining moments, that alter and reframe the course of your journey. I urge you to consciously make the right choices, knowing that our choices create consequences of our making.



DUALITY OF THE WEEK

What doesn't break us only makes us stronger, they say. Let's reframe any sense of upheaval we may feel, with an opportunity to cast a fresh eye on new situations. Thinking out of the box, I am certain we can each find many good reasons why we are where we are today. We can take lessons from our previous path and apply new guidelines, a sense of structure, and fresh goals where we challenge ourselves to rise and feel a sense of fulfillment and accomplishment in our current uncertain world.



THOUGHT OF THE WEEK

How do you measure the impact of your choices of mindset and action? Some impact may be obvious, when you measure the reactions of those that surround you. Some impact may be more subtle, if you observe and measure the tension in your shoulders. Breathe peacefully.

HIGHS AND LOWS

We have created a module to support those who have lost a loved during this time or even for those who need solace with a sense of loss from another time. It is called "The Grace of Grief" and it is to assist you as a mirror in your journey with your grieving. Should you wish to receive it in the intimacy of your inbox, please reply to this email and we will send it to you directly. It is from my heart to yours.



THE GRACE OF GRIEF

MODULE 1 BRANCH 2

BE KIND TO YOU AND SEEK THE ANSWERS WITHIN



INSPIRATION

The filming of Enter the Garden Kids is in progress, inspiring children to be the leaders of the future with the values we need to create a better world. A series of thought provoking and fun videos as a gift from Ayden to your children. Please respond to this email if you wish to receive the short videos by email directly for your children to enjoy.

REFLECTION

Do something today to help someone less fortunate than you and witness the impact.



RECOMMENDATION

Understand your self better to enhance your choices

www.16personalities.com