

THE BEAUTY OF BEING BROKEN: HERE ARE 5 THINGS TO DO WHEN YOU FEEL DEFEATED



Heather Johnson
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Do you feel defeated + broken?

We can shift our mindset to the Japanese art of kintsugi where we can find beauty & strength in brokenness.

REMOVE THE SHOCK VALUE

We are going to experience this. Shift your energy from shock to adapting.

VALUE TOGETHERNESS

Find and surround yourself with people who lift us. Ask for help.

MIND YOUR THOUGHTS

Make sure your thoughts line up with your values. Catch yourself when you're too critical. Use 'and' in your ideas.

HIT DELETE

What can you let go of when you're feeling broken. Let go of shame, don't run faster than you have strength, etc. When you pile on activities, brokenness gets bigger.

SEE THE CRACKS

Avoid putting the pieces back with the mindset that "You can't even tell & no one will ever know". Kintsugi teaches that we grow stronger as a result of the brokenness process.

reflections:

Do I feel broken or defeated right now? Why?

How can I adapt to this new situation?

Who are my people that can lift me up?

How are the value of my thoughts? Are they helping or hurting?

What can I let go of when I feel broken?

How have I grown during my times of brokenness?

Notes: