

Will Power or Moxie as Inner Light

From his experience as a tardigrade Paul learned first-hand about will power and how to choose inner light in order to shine.

Below are some “forces” Paul had to face in order to connect with and light up his inner light, can you connect with your light like a tardigrade?



Acceptance and encouragement can help us connect with our light and our will to shine. Take a moment and see if you can spark a connection with your own Moxie and see how it roars!

“Skinny or huge, they’ll never get you through an obstacle course, let alone this.”

Negative thoughts are common, how do you think they affect your connection to your light? Do you have to be perfect to shine?

“Don’t fear what’s comin’, don’t flinch from the hurt, just focus on your light.”

Sometimes it’s easy to be focused on what we are worried about, rather than on what we are excited about. Can you think of an example of when you’ve been preoccupied by a fear?

“No More Woo Hooley, I choose me and my light”:

Are there ever times when you feel this way? Describe them...

