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THE GROWTH EDIT - ISSUE 1



"Little by little, a little becomes a lot"  
Tanzanian proverb

We all have those people that we admire, are inspired by and look up to.  
The assumption is that they have something that we do not.

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**Ask yourself:**

- Who is someone that you admire or are inspired by?
- What do you find most admirable/inspirational about this person?
- What is the one quality you most admire in this person?
- Can you know with 100% certainty that you don't already have this quality?

***Suggestion: Take a minute to journal or think through these questions, using more than one person you admire if you have the time.***

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**Ponder this:**

All relationships mirror back aspects of ourselves. Whether it's conscious or not, whether it's positive or not. 'You spot it in others, you got it'.

Those qualities that we see and admire in others, are qualities within us that we haven't seen, or owned yet. Qualities in us waiting to be expressed. If we don't take that feedback, that this is a quality we have, that quality does us zero good.

On the flip side, the qualities that most trigger us in others, are the qualities in us we are resisting. What this means is that it is within our power to either upgrade the negative projections we have, or own and express the positive qualities we admire.

***Suggestion: Reflect on this and let me know what comes up.***

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**Experiment with this:**

Using your answers to the 'Ask Yourself' section:

- What are 1-3 specific examples of when you have demonstrated this quality?

***Suggestion: For the next week, focus on ways to bring this quality into your daily life more. Consciously.***

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I would love to hear your insights - sharing them is the best way to integrate the positive shifts and create more breakthroughs.

Lots of love,

Rachel

**House Nugget:**

**The more you focus on something, the more of it you will get.**

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THE  
HOUSE OF LIGHT

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