

THE MIDDLE JOURNEY



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Drawing from 7 days of a round the world cycle tour, **The Middle** Journey explores 7 insights which will encourage and equip you through **The Middle**; the territory we must navigate in pursuit of our goals.

DAY 5 - Every start has a day 5. Keep going.

Understanding why sometimes all we want to do is give up and how to keep going despite the challenges we face.

The darkest moments are those when we feel overwhelmed by what lies ahead of us. We explore what it takes to develop the resilience and resolve needed to move forward, despite how hard it is, toward the goal.

Day 6 - Who you are will get you there. Refuel from your story.

How to turn a burdensome journey into an adventure by reconnecting with your story.

Reconnecting to purpose, vision and values is something we need to do at regular intervals. We consider how best we can do this and how to be intentional and consistent in refueling so that we enjoy the journey and finish well.

Day 315 - What you focus on expands. Protect your perspective.

We explore how to shift away from those unhealthy emotions which compromise our ability to keep going.

A healthy perspective protects us

from unhealthy emotions and a victim mentality. We look for ways to shift our perspective amidst the challenges we face, so as to influence the stumbling blocks that stand in our way.

Day 36 - Mini milestones all add up. Think big, plan small.

How to get out of the starting blocks and maintain daily momentum needed to achieve ambitious goals.

In today's world, it's all about action and pace which gets in the way of quality thinking and considered action. We explore how to work intentionally and strategically toward our goals, ensuring our actions, rather than our circumstances, determine our destination.

Day 97 - Plans change. Embrace the detour.

Why sometimes we need to surrender and look for another way, and how remaining rigid may compromise on a more significant journey.

There are often many routes to the finish, and at times, our finishes look a bit different to what we originally articulated. We unpack the tension between focus and flexibility and how being present in our circumstances may yield new possibilities.

Day 187 - The middle is best done with others. Find your tribe.

We identify our tribe members, the roles that each of them play in supporting our journey and how to connect with them more intentionally. Whilst it's tempting to do it alone, the many significant finishes we read about in the world have required a collaborative effort. We consider how our tribe achieves goals together, and who around us needs a tribe that we could reach out to.

Day 292 - Barriers sometimes win. Embrace and learn from failure.

There is so much to be gained if we develop a healthy relationship with failure. We explore how past failures can be leveraged to develop the strength and capacity needed to step out in areas where fear of failure has held us back.

How failure, as tough as it is, is something we can use to grow and develop the strength of character needed to keep going.



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