

## ***Counselor Inspirations***

*With Spring springing in and winter on its way out, March is a time to reflect and set sail on a new journey of self-discovery. March makes its appearance to deliver us the power of finding our Purpose through self-discovery. Whether family, friends, jobs, faith or spirituality we have and can find our way to make this journey of self-discovery illuminating. By widening our eyes and opening our hearts we are allowing ourselves the opportunity to learn about our values, beliefs, and motivations. So who needs a lucky four leaf clover when we have the power to find that Purpose just by using introspection; which is cultivated through self-reflection.*

*Another aspect during our self-discovery expedition is our internal compass directing us down the road of Commitment. Having Commitment is important because it helps us stay focused, motivated, and disciplined. Commitment is a key driver in creating positive outcomes and cultivating a meaningful life. There are many forms of Commitment such as the goals we have set for ourselves, helping others, and staying devoted to our spirituality and faith.*

*Moreover Lent is a time where Purpose and Commitment are exercised in the form of fasting, spiritual growth, and clarity. Lent comes from the Old English word Lencten, meaning Springtime. In Modern English the word Lent has gained popularity and is more widely used. Lastly both Lent and Spring are coupled by the renewal of growth, which provides us an annual opportunity to remember our humanitarianism and dependence on the Lord.*



*Self-discovery*

*Sincerely,  
Ms. Jordon*