



# "This is My Summer to Pivot"

Session Two - July 22

## "Identity → Resilience → Transformation"

Every meaningful pivot begins with a shift in consciousness. Before we can transform our lives, we must first remember who we truly are. From that awakened identity comes the resilience to face life's challenges without forgetting our divine nature. And as we live from that truth, transformation becomes not something we force, but something we allow.

In today's session, we'll explore two powerful readings from The Pivot Year that remind us we are more than our struggles, stronger than our circumstances, and always becoming more of who we were created to be. Together, we'll discover how remembering our spiritual identity ignites resilience, and how resilience becomes the bridge to lasting transformation.

### The Pivot Year

#### Day 202

You might define yourself by your struggles, but others define you by your soul. You might not be able to see beyond your fears about yourself, but others see the beautiful things you bring into this world, the way you laugh and show up for the ones you love, and all of the lightness in who you are. Others see your gifts, your talents, and your kindness. Sometimes you will have to learn to see yourself with the grace of someone not so critically evaluating whether or not you deserve to be loved. You are love itself. Let it out, and let it be met, let it be taken, and let it be given back to you in even greater degrees.

#### Day 203

After all the world has put you through, you are still here, holding your dreams up to the light. You are still here, asking for healing and change. You are still here, even if you have only an inch of hope left. You are still here because after everything the world has put you through, it has not extinguished what burns inside of you. It has not taken away your power to wonder if maybe another way is possible. And that? That will carry you all the way to the other side.



## Day 202: "Remembering Who You Really Are"

## Day 203: "The Resilience of the Soul"

Day 202 says: Remember who you are. You are Love.

Day 203 says: Remember what remains... Hope. Courage. Wonder. The Divine Spark.

### Together these readings declare:

- You are not defined by what happened to you.
- Nor are you limited by where you are today.
- You are an individualized expression of Infinite Love, carrying an inextinguishable Light that no circumstance can erase.

### Three Takeaways:

1. Your soul is your true identity.  
You are not your wounds, your roles, or your past.  
You are an expression of Divine Love.
2. The Divine Presence within you is resilient.  
Life's challenges may leave scars, but they cannot extinguish the Life of God expressing as you.
3. Hope and holy curiosity are spiritual powers.  
The willingness to believe that "another way is possible" is itself evidence that Spirit is already at work, leading you toward healing and transformation.

**Our invitation today:** to see yourselves through the eyes of Spirit, trust the light that has never gone out within you, and take another faithful step toward the life that is calling you forward.



## Session Two Activities

### Day 202: Seeing Yourself Through the Eyes of Spirit

*"You might define yourself by your struggles, but others define you by your soul..."*  
*Affirming the ultimate Truth, "You are love itself."*

#### Activity 1 — Beyond the Story

How have I been defining myself by my struggles rather than by my soul?

What would begin to change if I chose to see myself as Spirit sees me?

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#### Activity 2 — Seeing Your Own Light

What gifts, qualities, or expressions of love do others consistently see in me that I often overlook or minimize?

Why do I think it has been difficult to fully embrace these qualities?

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## Day 203: The Inextinguishable Light

*"After all the world has put you through... you are still here..."*

### Activity 3 — Evidence of Resilience

When I look back over my life, what challenge reminds me/reveals that there has always been something within me that could not be broken?

What does that tell me about the true nature of my spirit?

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### Activity 4 — The Next Possible Step

What dream, hope, or possibility still burns within me—even if it is only a small ember?

What is one loving action I can take this week to honor that inner flame?

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## Homework – Session Two

Read Days 202 and 203 in The Pivot Year

Complete ALL Activities 1 – 4 (above)

### Our “My Summer to Pivot” Daily Practice:

Begin **each** morning, during SS’26, by completing these four sentences:

1. Today I **intend** to...
2. Today I **choose** to embody...
3. Today I **focus** my attention on...
4. Should I lose my center, I will gently **return** to...



## Session Two Assignments

### 1 – A Slight Pivot

Daily **INTENTION** setting (see above)

Weekly **READING** (see above)

+ Write a weekly affirmation: **My affirmation for this week is...**

### 2 – A Half Pivot

Daily INTENTION setting

Daily **READING** in The Pivot Year

+ **Commit to show up next week**

+ **Complete sentence stem:** I may have mistaken my life story for my true spiritual identity when I...

Now that I am aware of this, I will...

+ **Write a supporting daily affirmation:** My affirmation for **today** is...

### 3 – A FULL PIVOT

**Complete all of the above** (daily intention, daily reading, sentence stems & write daily affirmations, commit to show-up consistently). Plus... making a sacred commitment to yourself – to consciously participate in your own transformation throughout this five-week journey by becoming **A FULL PIVOT** subscriber.\*

+ **To become A FULL PIVOT subscriber**, please use the QR code.

*\* Your subscription generates daily worksheets, suggested meditations, etc. via email.*

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1– A SLIGHT PIVOT

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2 – A HALF-PIVOT

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3 – A FULL PIVOT