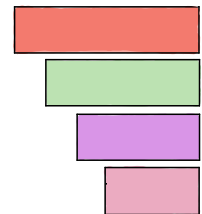




THE
ALL
TERRAIN
-Podcast-



EP. 35 JOANNA ADEYINKA - BURFORD

HOW DO YOU FACE CHANGE ?

NATURAL WAYS

IF YOU'RE NOT CHANGING
THEN YOU'RE STATIC
WE ARE CHANGING
ALL THE TIME !



UNEXPECTED WAYS

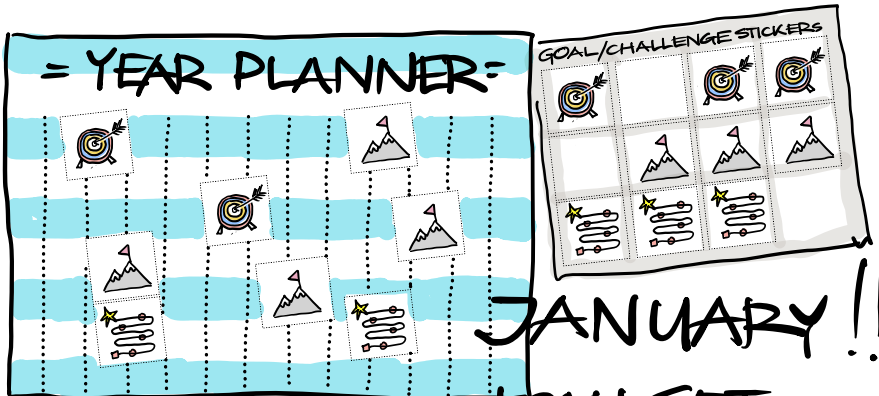


LIKE MY FRIEND WHO DIED
I PRAYED & PRAYED
I HAD TO WRESTLE !!
CAME TO REALISATION THAT OUR
LIVES CHANGE FOR GOOD/BAD

BUT

GOD IS **GOOD** ALL THE TIME!

I LOVE ...



I CAN SET
NEW GOALS & CHALLENGES
WHAT ARE THE THINGS
IN MY LIFE I WANT TO CHANGE

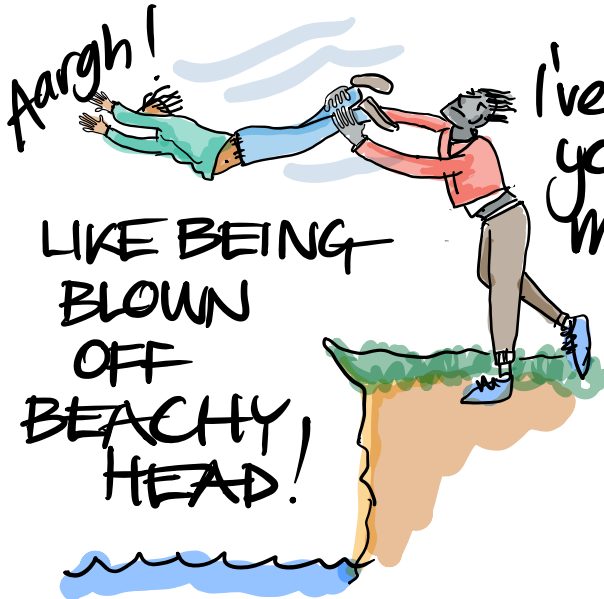
HOW DO YOU
LEAN INTO
THAT
CHANGE?



FOR ME
IT'S
ROOTED
IN
FAITH !



I WROTE
A POEM
FOR MY FRIEND
3-4 WEEKS
BEFORE SHE DIED



Aargh!
LIKE BEING
BLOWN
OFF
BEACHY
HEAD!

I've got
you
mate!

GOD is a



HEALER

BUT IT'S NOT ALWAYS
ON EARTH. SOMETIMES

IT'S **HEAVEN**

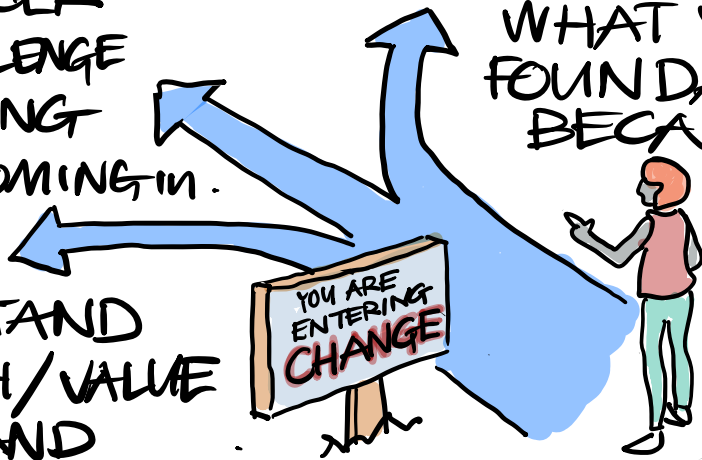
I MADE A

CHOICE

I HAVE A

FOUNDATION

AS A FREELANCER
I KNOW CHALLENGE
OF NOT KNOWING
IF WORK IS COMING IN.
YOU HAVE
TO UNDERSTAND
YOUR WORTH/VALUE
BEFOREHAND



DECIDE FIRST

WHO YOU ARE &
WHAT YOUR
FOUNDATION IS
BECAUSE IT'S

REALLY
DIFFICULT
TO DO
MID-
CHANGE

HOW DO YOU MOVE THROUGH SUFFERING?

THERE IS
NO
GOOD WAY

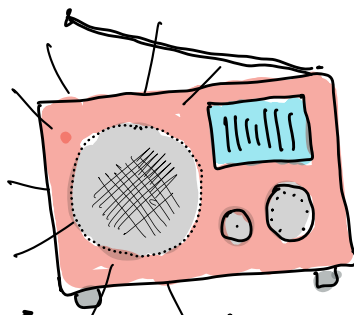


FOR ME FAITH IS SO CENTRAL I HAVE TO COLLAPSE INTO THE ARMS OF GOD!

FALLING INTO THIS MEGA DUVET WITH SPRINGS PUSHING YOU UP AGAIN TO GIVE YOU STRENGTH FOR NEXT PART OF JOURNEY



ARE THERE THINGS YOU DO TO LEAN INTO THIS TIME?



Friends!



Getting Time Alone!



Worship Music
Journalling

IT'S IMPORTANT NOT
TO GET SWEEP AWAY
& SPIRAL DOWN!
YOU NEED TO HAVE

SELF- BOUNDARIES

IN PLACE



IT'S IMPORTANT
HOW WE
— PROCESS

WE WILL DO IT SO HAVE
TO BE CAREFUL WE
DON'T DO IT IN A
DESTRUCTIVE WAY!

HOW DO WE RECEIVE JOY?

Joanna...
go to your
room



A

I LOVE
MUSIC
& DANCING

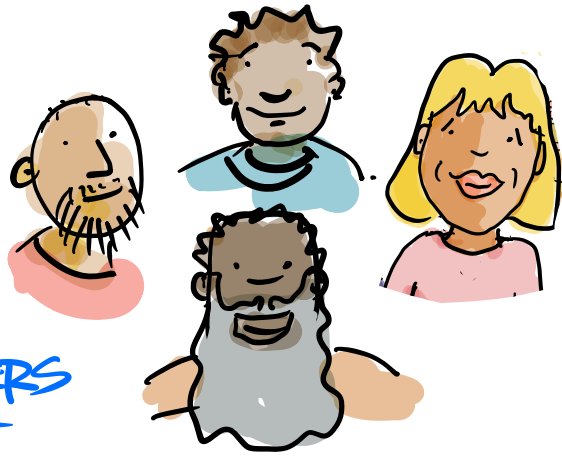
JOY IS SO

PRECIOUS

IT'S LIKE A FIRE THAT
SUSTAINS. DON'T ALLOW
ANYTHING or ANYONE TO
TAKE IT AWAY.



B I LOVE SEEING OTHERS BE COMPLETELY THEMSELVES

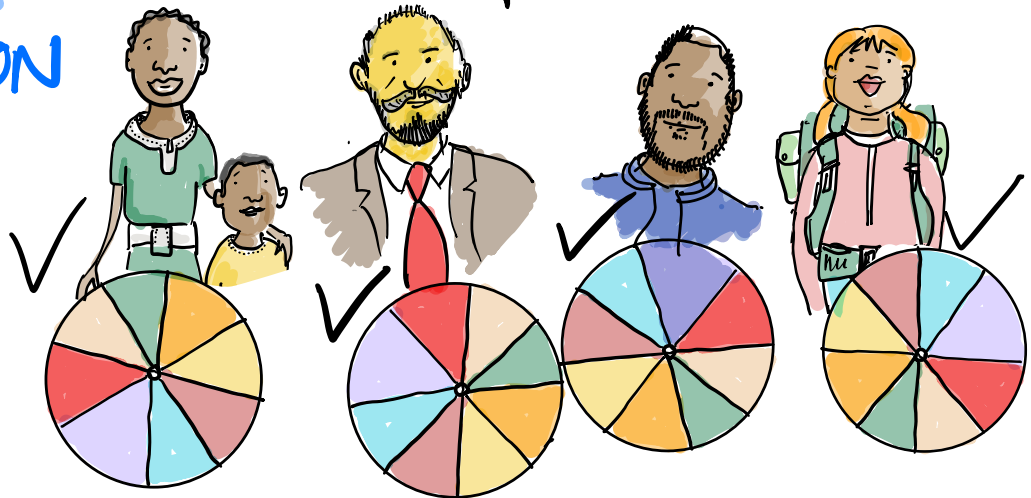


THE IMPORTANCE OF INVITING OTHERS INTO YOUR JOY & NOT BEING DRAWN INTO THEIR ANGST.



SOCIAL MEDIA THE DANGER OF COMPARING OURSELVES WITH OTHER PEOPLE. WE ARE A SPECTRUM OF COLOURS!

COMPARISON IS THE THIEF OF JOY Theodore Roosevelt.



BE THE COLOUR YOU ARE.

HOW DO YOU MATURE in SERVICE?

IT'S TOO EASY TO BE A PASSENGER in LIFE!

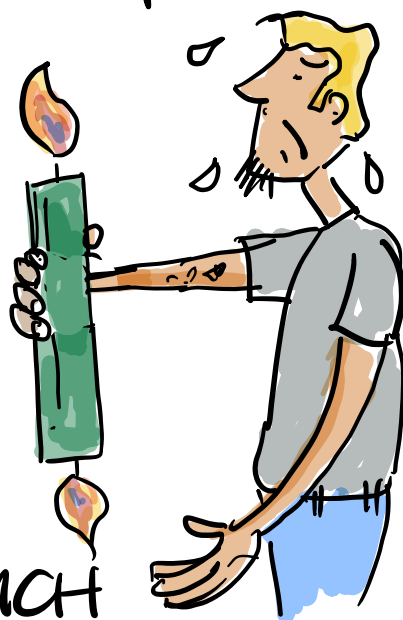


AND I REMEMBER THAT MOMENT WHEN I THOUGHT 'I probably should help!'

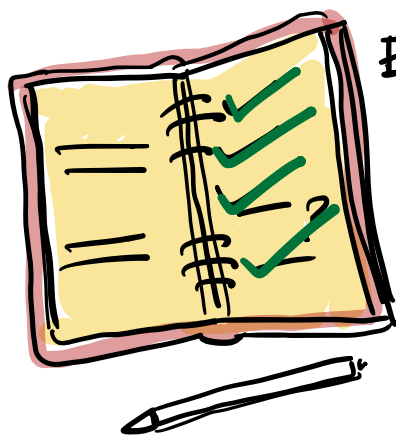
PART of the MATURING ELEMENT IS

YOU DON'T HAVE to

BURN YOURSELF OUT



MY MUM CHALLENGED ME ABOUT DOING TOO MUCH



BUT NOW WITH MY PLANNER, I AM MUCH WISER about WHAT I COMMIT TO.

PRIORITISE

So many things to achieve!



IT'S LESS ABOUT THE TASK MORE ABOUT THE PERSON



THERE ARE SEASONS AREN'T THERE? SOMETIMES YOU JUST HAVE TO GET IT DONE! OTHER TIMES it's BALANCE & PRIORITISATION

