



Intention

Commit to (re)connecting with YOU.

It seems simple enough, yet how often do we feel disconnected from our authentic selves? How many times have we neglected our own needs or desires?

We might have gotten caught up being a professional, a caretaker, or a *good girl*. The single most important step in any endeavor is to set an intention.

Set out to answer the questions:

What are my deepest desires?

What is my longing?

Intention

Activities:

- ★ Describe yourself from the perspective of your dearest friends. Who are you? What makes you special? What do you most value? Who are you when you're in your best, most carefree mood?
- ★ Make a gratitude list. For what are you most thankful? Take stock in how your life is good to prepare for how it might be even better.
- ★ Take yourself on a date. Go to the movies. Go to dinner. Go on a hike. Go dancing. Spend time enjoying your own company.

Create Space

Stop. Pause. Be still.

We need space to allow our true selves emerge.

We live in a fast-paced consumer culture. When we stay busy we deny ourselves the opportunity to connect with what is meaningful and important.

Set out to answer the questions:

What keeps me distracted from my higher purpose?

In what ways can I allow greater silence and stillness in my day to day?

Create Space

Activities:

- ★ For an entire week, spend at least 10 minutes each day in reflection and contemplation. Take a walk in the park. Spend time writing in a journal.
- ★ Meditate. Spend 5- 10 minutes in silence. Sit in a place free of distractions. In a comfortable and relaxed position, focus on your breath while letting go of any thoughts that emerge. Notice your thoughts and let them drift. Bring yourself back to your breath. Sit in silence for several minutes.
- ★ Take a *fast* from things that distract you. Electronic games, social media, and compulsively checking email are all things we do to fill up any white space that might be available to us. Take a temporary break from it. Try abstaining from your main habitual or unhealthy distraction for 3 - 7 days.

Feed Your Creative Side

Inspiration. Imagination. Enjoyment.

Whether you consider yourself an artist or not, you have a creative drive. You are resourceful, talented and capable.

Let yourself play. Do what gives you pleasure and enjoyment. Embody the curiosity of a small child.

Set out to answer the questions:

What would bring beauty, meaning, or passion to my life?

How can I create more space for artful expression?

Feed Your Creative Side

Activities:

- ★ Spend 10 minutes with your favorite song(s). Let the music move you. Do hip rolls, stretch, leap, shimmy. Dance steps you know or make them up. Let yourself experience the joy of dancing to music you identify with, music that moves you. Who are you when you enter that “effortless” space? What do you know and believe about yourself?
- ★ Let yourself be awe-inspired. Spend 10 minutes with one of your favorite forms of art-- a photograph, a song, a drawing, a sculpture, a poem, a garden. Sense the artist’s inspiration to create. What do you imagine was her or his muse? What type of commitment and effort was dedicated to the art you’re admiring?
- ★ Spend at least 30 minutes engaged in free play. Run, dance, skip. Color, paint, doodle. Write, compose, draft.

Love the Ugly

Enjoy being a bozo. Relish being a bitch. Accept that you suck.

In order to access our truest selves we need to work at accepting our imperfections. This is no easy task but it is an essential step to becoming more free and authentic.

Look at your imperfections with kindness and tenderness.

Set out to answer the questions:

What about me is both a burden and a gift?

How can I more fully accept and love myself exactly the way I am?

Love the Ugly

Activities:

- ★ What about you is the most difficult to accept? What fools you into believing you are unlovable? Become aware of the ways you beat yourself up for being imperfect. Sit for several minutes with an awareness of your humanity.
- ★ Imagine your heart as a smaller version of yourself. What is your heart wanting to tell you? What needs to be said? Don't censor. Just write down what is there for you in that moment. Truth telling is a practice. Once you start being honest about where you are or who you are in any moment, it changes.
- ★ What makes you different? What makes it difficult to fit in? What unique gifts do you offer the world? Make a list.

Explore Your Different Personas

Who are you?

Are there parts of you that you keep safely tucked away so no one can see or judge? Part of the journey towards greater authenticity is claiming more of ourselves so that we can live with greater freedom and aliveness.

Explore and honor different parts of yourself.

Set out to answer the questions:

What risks am I willing to take to be more authentic?

What are the parts of my ego that I have yet to claim? How can I free myself from a limited view of myself and my potential?

Explore Your Different Personas

Activities:

- ★ Identify an inner voice that wants you to make a shift in the way you are experiencing yourself. Name her. Begin a dialogue. Write her a letter about what is on your mind. Then have her write a response (in her own words).
- ★ Claim an alter-ego. Access the wisdom of your Inner Sage, your Inner Warrior, your Inner Bitch. What does she believe about the world? What advice does she have for you?
- ★ Invite a new part of your identity to play a more active role in your life-- let her in. Dress up as your Inner Diva, your Inner Artist, your Inner Boss. Let her take over for a day.