

WELCOME

I am so happy to have you here

AWAKEN YOUR INTUITION

Here is your introductory starter pack

As always

Take what you need, leave what you don't

This is my suggested three step introductory homework for you, once you are inside this sacred container.

It is designed to help you figure out why you are here.

To set intentions for what you want to get out of the experience.

To set aside intentional, allocated, self care time for yourself.

To hold yourself accountable.

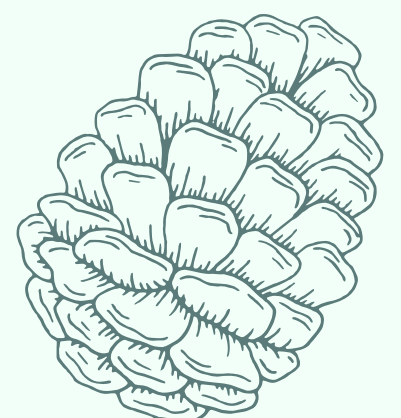
And most importantly - to connect to yourself, before we begin.

My main intention behind this container is encouraging you all to be the most authentic, biggest, brightest version of YOU.

To learn how to tap into your inner knowing, your magic, your yes's and no's. your intuition

You will need

- ~ a notebook and / or your diary
- ~ a comfortable space with cushions
- ~ anything else you enjoy to connect to your senses or create a sacred space, e.g. candles, crystals, flowers...
- ~ sticky notes or any other tools that help keep you on track



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STEP ONE

CHECK IN

I have included the link to a quick 12 minute class in your welcome email.
We pause to take some breaths and ground, then check in with our 'three
bodies', physical, emotional and energetic.

This is a practice you can come back to time and time again, or simply make
it part of your morning routine.

Many of the decisions we make throughout our day are based on how we're
are feeling, so checking in on that is essential!

STEP TWO

SET INTENTIONS

You are welcome to drop into my intention setting for 2023 class if you have
not already.

(In your replay section at the top of the library)

If you have, you might review your notes and see what came up for you for
this year.

If you do not have time for this 50 minute session, you can simply pause,
take a few deep breaths and ask yourself why have you signed up for this
circle?

What are the main driving forces?

STEP THREE

SCHEDULE YOUR SELF CARE TIME

Put it in your diary the same way you would work meetings or dentist
appointments!

Your welcome email also contains a link to the live class schedule, hop in
and book the classes you want, and get the dates in your diary!

Can't make the live times? Then schedule in a time when you will watch the
replay.

This could also be a good time to note when, where and how you would like
to form new daily or weekly habits.

Please know these can be a mini as 5 minute slots and still make a real
difference.

Self kindness, first and always x

