

PREPARE

Intentions
Experience Flow
Questionnaire

// Grounding Tea Ceremony

OPEN

Intentions
Invocation
Visualization
Frameworks

// Nourishing Breakfast

REFLECT

Core Values
Energy Wheel
Life Story Map
Space
Tools / Systems
Open Loops

// Somatic Movement

SEE

Gene Keys Reading
Intuitive Guidance
Zone of Genius
Soul Mission
Vision Statement



// Nourishing Lunch

EXPLORE

Inquiry Prompts
Creative Exercises
Scenarios
Mood Board

// Mid-Afternoon Movement

DESIGN

Means Ends Flow
Continua / Polarities
Tools / Systems
Personal Rituals
Community Rituals

// Delicious Dinner

INTEGRATE

Priorities
Timeline
Milestones
Next Steps
Closing

W/S 2019

Feb 1 - March 20
April 1 - July 20

