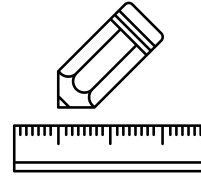


"CREATING FOR GOOD" FOLLOW-UP

PROCESSING



How can you slow down and find meaningful rest?

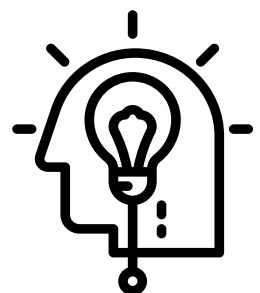
What expectations (either internal or external) can you let go of in this season?

What breathing practices can you incorporate into your daily routine?

“When the flood waters recede, all we have left is ‘new.’” - Ruby Lopez Harper
What would you do differently if you had nothing holding you back?

What excuses are keeping you from changing? What would the new experience look like if those excuses were stripped away?

What innovations would help you to achieve your new goal? Can you use technology in a creative way? Is there an old school solution that you can repurpose?





PRACTICES

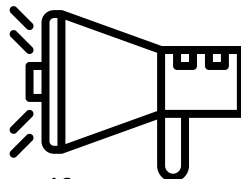
1. Curiosity: Cultivate your curiosity regularly. What are you curious about? When can you schedule an hour a week to explore your curiosity? How can you ensure that you will maintain this scheduled hour? Who will hold you accountable?

2. Exploration: Explore new ideas. What ideas are brewing for you? Who can you invite into your brainstorming process? What practices will help you explore? Some ideas from the session: Brainstorm ideas and throw out your WORST ideas to get the process moving. Find inspiration from other sources like music, literature, or podcasts.

3. Permission: Give yourself permission to take care of yourself! Don't let guilt stand in the way of self care. What do you need? How can you get what you need?

4. Affirmation: Affirm your gifts every morning. What do you need to hear everyday? Say these affirmations to yourself in the mirror every morning.

- Some examples:
 - "I am enough."
 - "I am a magical thinker."
 - "I am creative."



- Write 3-5 affirmations for yourself: