

# Discover Your Deepest Yes

2023 Online Retreat



# *Session 4: Vision & Action*



# Vision Homework



Optional:

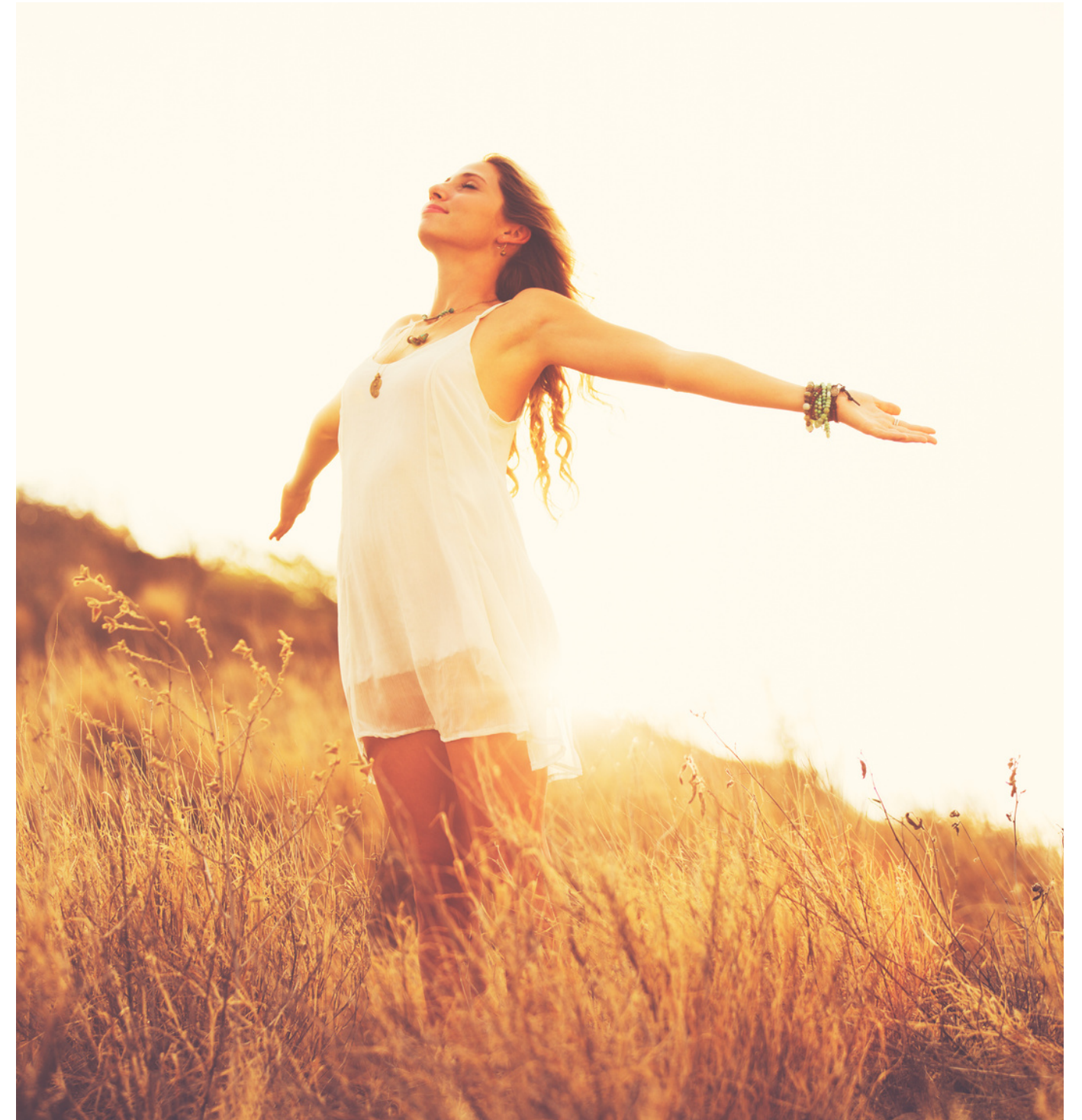
Go back and create a vision for the other two life areas that you circled. No more than two!

You can use the replay to do the guided version if you'd like to.

# Working with Resistance

## **Surrender Practice:**

1. Notice and name it.
2. Breathe and release the tension in your body.
3. Open your heart.
4. Lean slightly away from whatever is coming up, giving it space to release.



# *What you received from this retreat*

- Greater attunement to your inner wisdom.
  - Enhanced clarity about your unique gifts and passions
  - Increased alignment with what is most important to you at this time in your life
- Expanded sense of your purpose
  - A clear and vibrant vision for 2023 that has the power to pull you forward
  - Clarity about what you will need to grow through to be congruent with that vision

# Closing

What is one takeaway you are leaving this retreat with?

What is one thing you want to acknowledge yourself for?

