

Items Needed for the Online Retreat:

Items you LOVE...

Create a setting that will feel like its own little retreat. Prepare by clearing your space, lighting a candle, getting yummy treats, water or a soothing tea... bring it to our session so you can be in a beautiful space.

Ideally...

- **Paint**, (but can use crayons, felts, pastels, pencil crayons, sharpies with different colours... anything you have to create is good)
- **Paintbrush**,
- **Canvas**
- If using something other than paint you will need **white blank paper**
- **Scissors**
- **Black Sharpie**
- **Glue or Mod Podge**

Who were you before the world told you who you should be?

Courageous Visualization: Remembering YOU

Who were you as a child?

What did you love to do?

Describe how you acted, what you felt and what lit you up?

What You Loved To Do	How You Felt Doing It

Somewhere along the way we got lost or we were told we weren't good enough, or we needed to be something different and we believed those messages from others and started to put on a mask.

What are the lies you were told as you grew up and what lies are floating around in your mind today?

List the lies...

Circle the one that is most prominent in your life, the one lie you hear over and over like that record on repeat.

When was the first time you heard this lie and believed it?

Go to that place... remember you in that moment.

How old were you?

Where are you?

Who are you with?

What do you see, feel, hear?

What is happening?

What does it FEEL like to be in that place of fear, judgment, worry, those lies?

Paint or draw this emotion on your canvas or white page... don't judge, just paint.

What ways have you allowed that belief to dictate your choices and how you show up in your life from that moment until today? Go back to that little girl and tell her what you know now that she needs to hear in that moment.

Write to her...

Now let's challenge this belief.

Old Belief	Case Against It (Challenge It)	New Truth

Now I want you to write down ALL the things that are TRUTH for YOU and who you are...

I am... (write as many I am statements as you can)

What are your deepest desires... list them.

What do you value?

What words describe YOU at your core?

What are you here to DO, BE, CREATE?

Now we are going to create your SOUL Portrait over your limiting beliefs and the lies because actually those shadow parts of ourselves have taught us lessons and shown us how to be strong and we need to love ALL parts of who we are and where we have been, it is all what has brought us to THIS moment at THIS time.

Soul Portrait:

Collage heart... write on a piece of paper all the core words and phrases from above and write them small so you can tear those up into strips of paper and place them on your painting in the shape of a heart and glue on or paint on top to secure them in the shape of a heart.

Then paint/draw over the shadows... they were a part of you, the beliefs, the pain, the struggles the breakdowns have lead you here, they have helped you become who you are and now we can forgive, heal, release and let go, it is time to restore... and paint your wings.

You are starting a brand new journey today, a journey where you will lead from within, you will trust your soul whispers and you will be guided to do, be and create the magic you are meant to.

This is the moment you have restored your soul, you have come home to YOU and you are ready to SHINE!