



STILLNESS IS AN ACTION

Your Way to a Peaceful, Fulfilling Life

1

Understand Your Mindset

- We start by learning the influence culture has on the way we think.
- If you believe you must always be productive and have to earn rest, you will never feel peace.
- Once you get still and learn to listen to your inner wisdom, you will be able to let go of beliefs that do not serve you and be open and hospitable to invite in peace and fulfillment.

Visualize a Fulfilling Life

- We will use tools and questions to help you get clear on what exactly you want to change and what you want from your current life.
- When you take time to be still, listen to your inner wisdom, and imagine the life of your dreams, you will know what changes are needed.
- You will be prepared to take action.

2

3

Set Goals

- Now that you are clear on what you want and need in life, we will plan how to do it!
- Having a goal ensures a higher rate of success.
- You will start to feel hope and personal power in your life.

Take Action!

- We will work together on your new goal, taking time to reflect on progress and revise until you get to where you are fulfilled.
- You are always changing and will grow to be comfortable with tweaking your goal so that you are always serving your needs.
- Moving forward, you will have the tools to get still, listen to your inner wisdom, and discern what to do next.

4