



RELEASE THE YEAR 2022

WORKSHOP

WITH KYLIE ENKELMANN

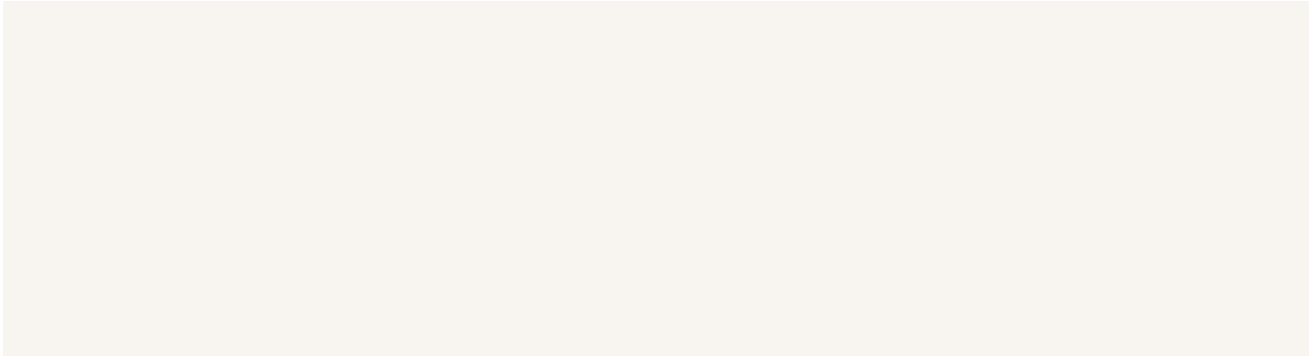
MILESTONES + EXPERIENCES

Do a minddump of the year's major milestones, experiences and events that occurred - the good, the bad and the ugly and the awesome!

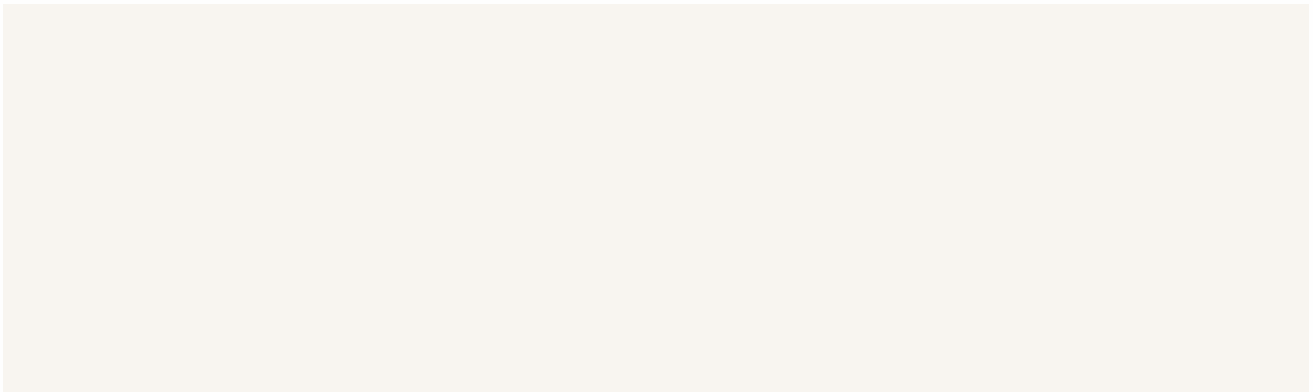
A large, empty, light beige rectangular area intended for writing a mind dump of the year's major milestones, experiences, and events. The area is completely blank, providing a space for the user to record their thoughts and memories.

AWARENESS

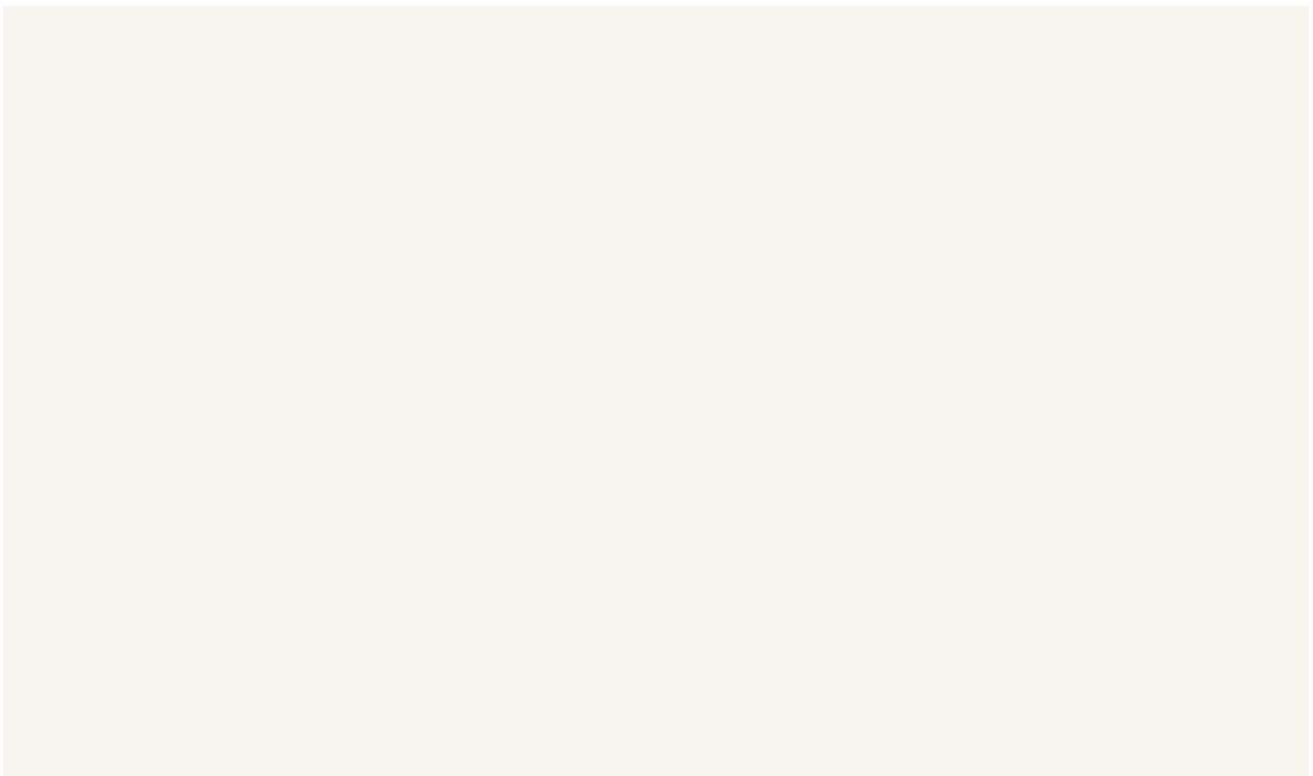
Go through your list and put a star for positive experiences and an asterix for more challenging experiences. What do you observe?



For each challenging or difficult experience - what were the fears made manifest in each experience? What was present for you?

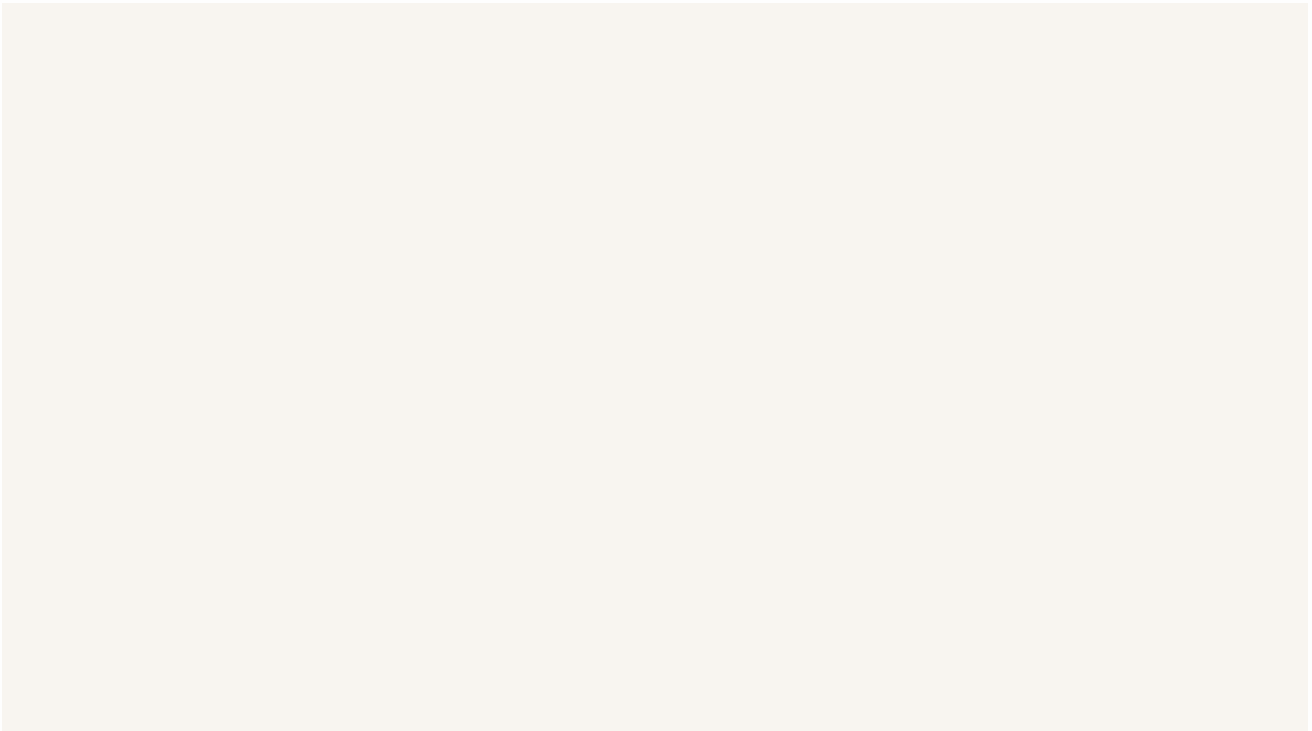


For each low, what was the gift? What did I learn? What eventually became possible because of this experience?

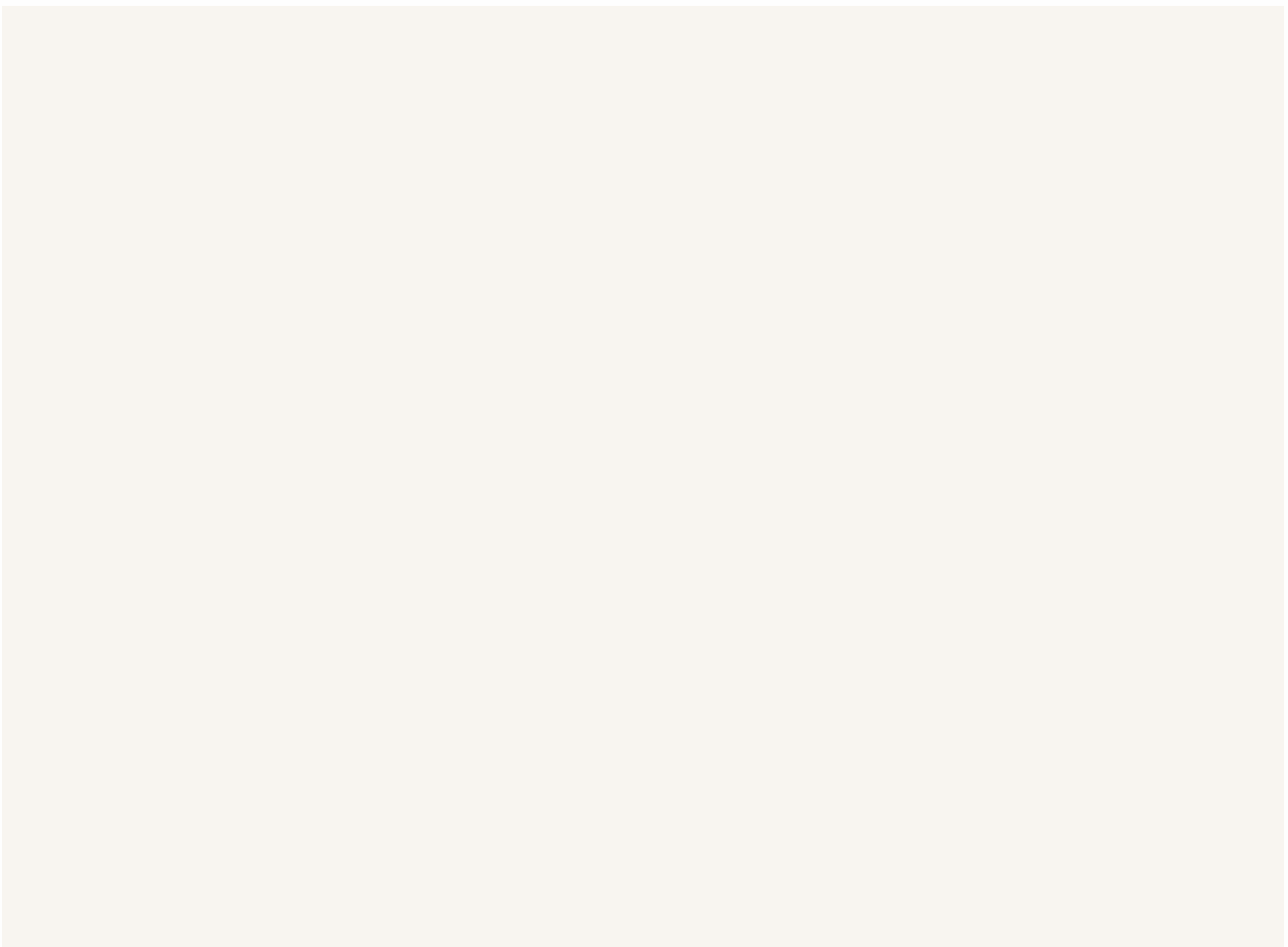


ACKNOWLEDGEMENT

What is the higher truth or reframe for each fear?

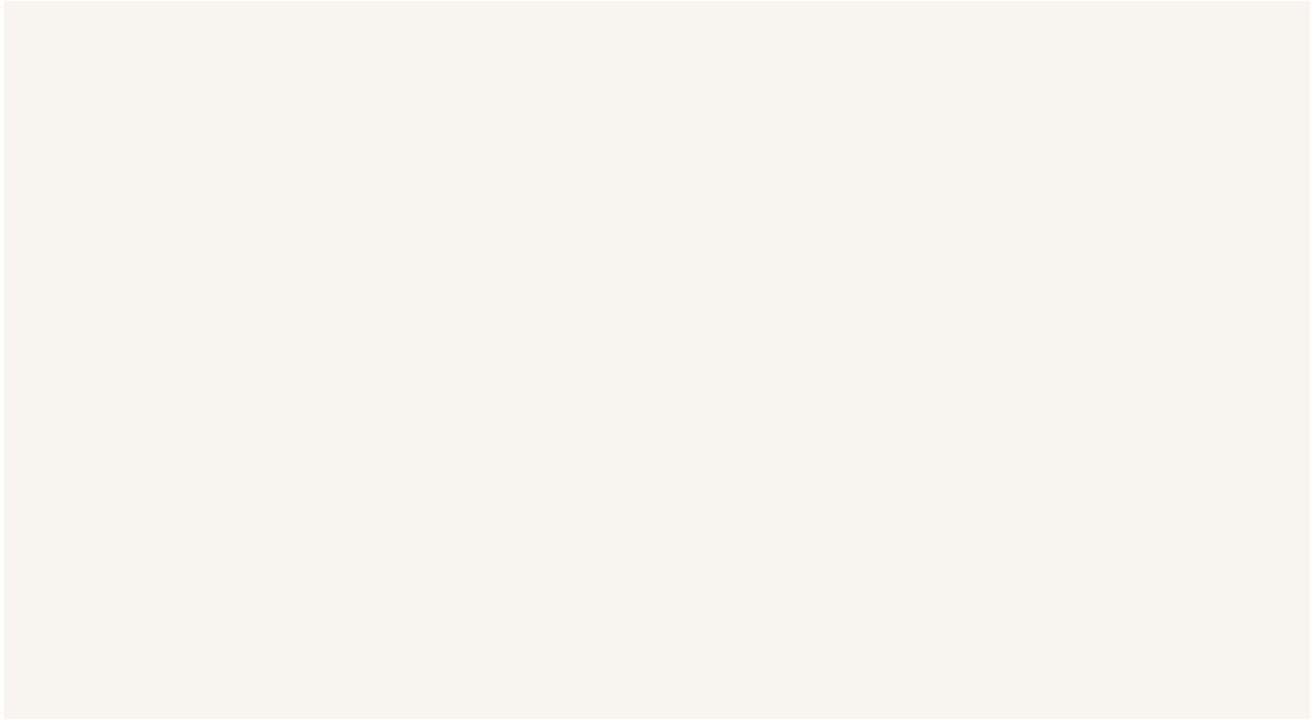


What were the HIGHS, the accomplishments, the memorable experiences and big WINS of the year?

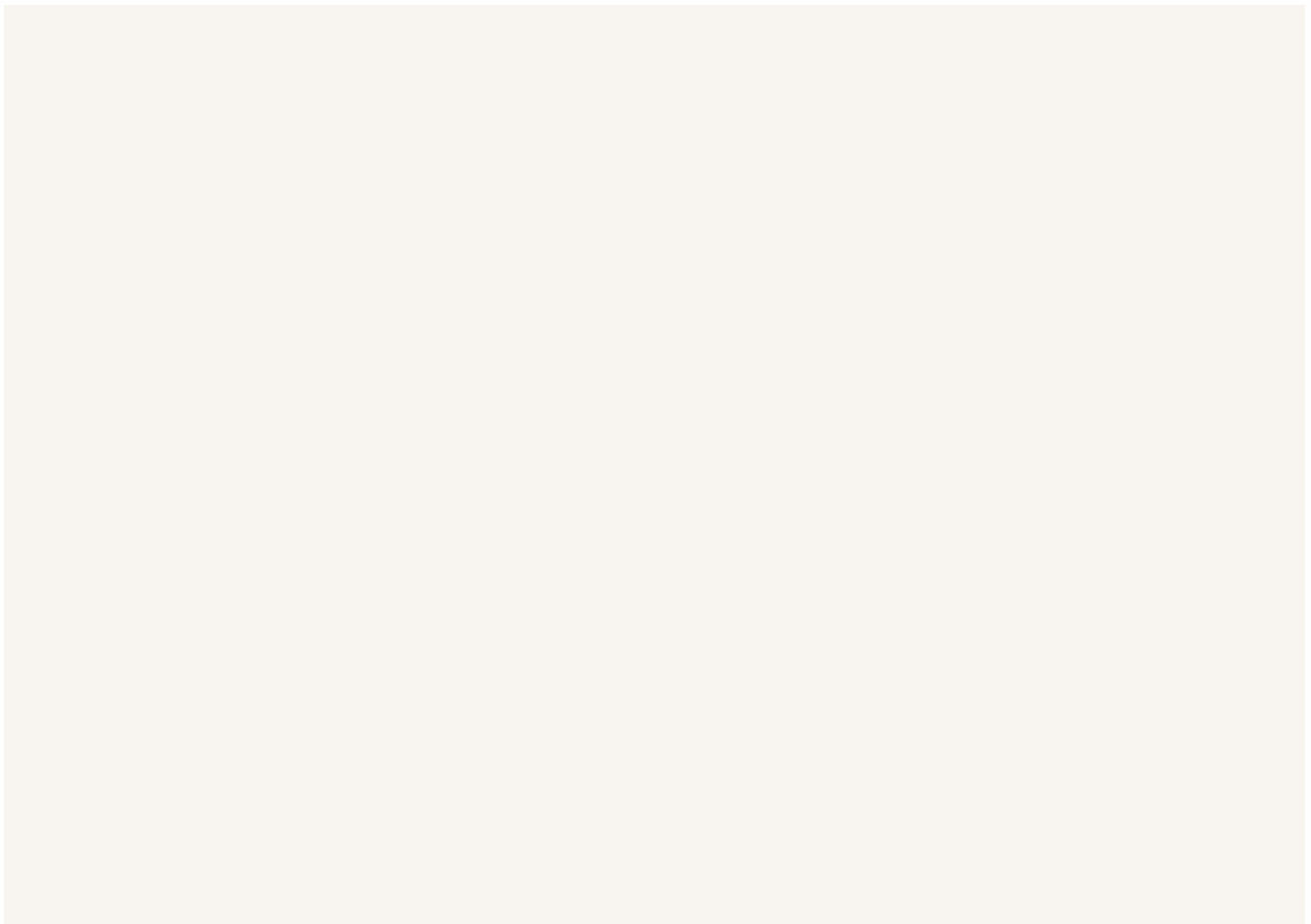


ACKNOWLEDGEMENT

Did you celebrate at the time? What would have been a worthy celebration of that win / accomplishment / experience? How can you symbolically celebrate it now?

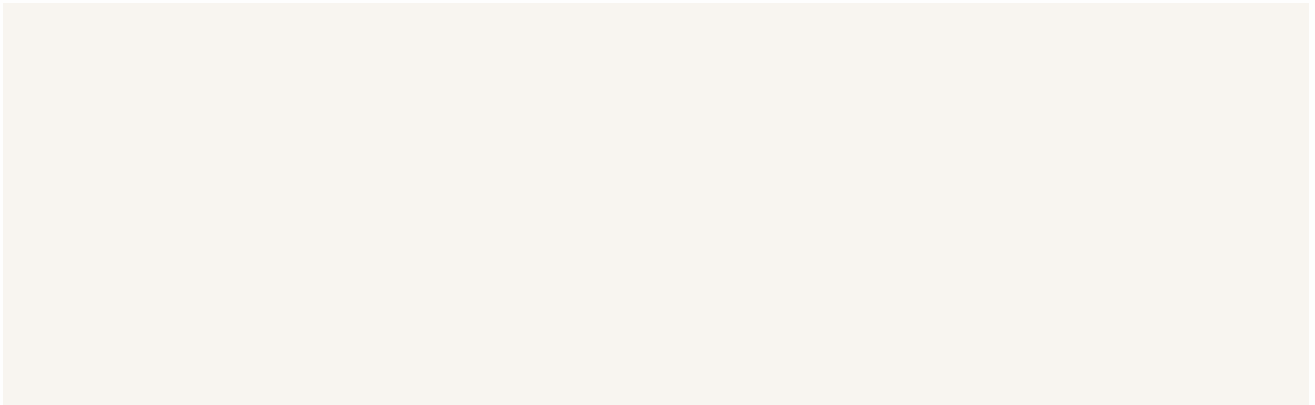


What are the words of validation that each experience deserves? What of your strengths and qualities deserve to be acknowledged?

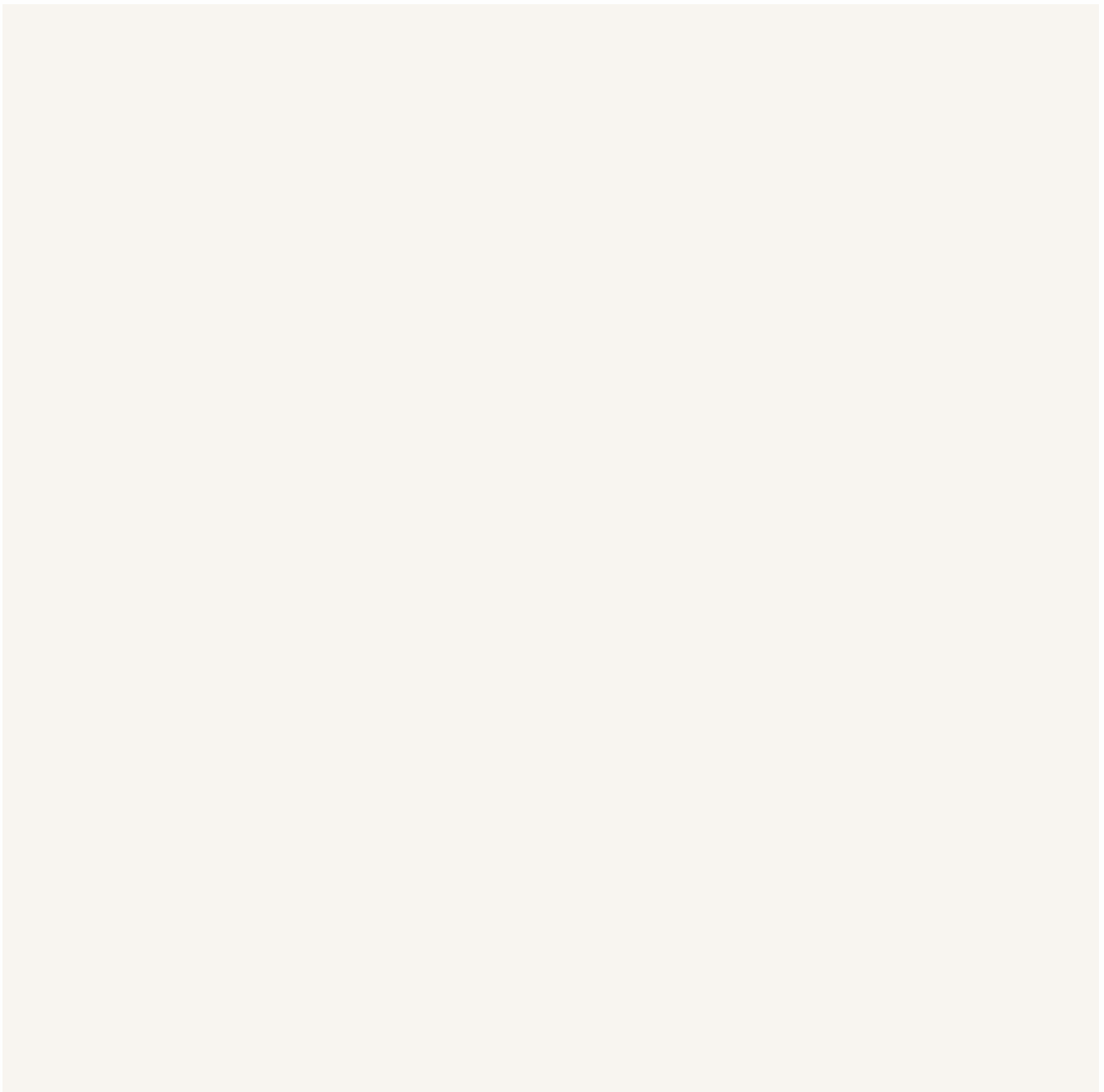


AWARENESS

Is there one word that best captures the growth of 2022?

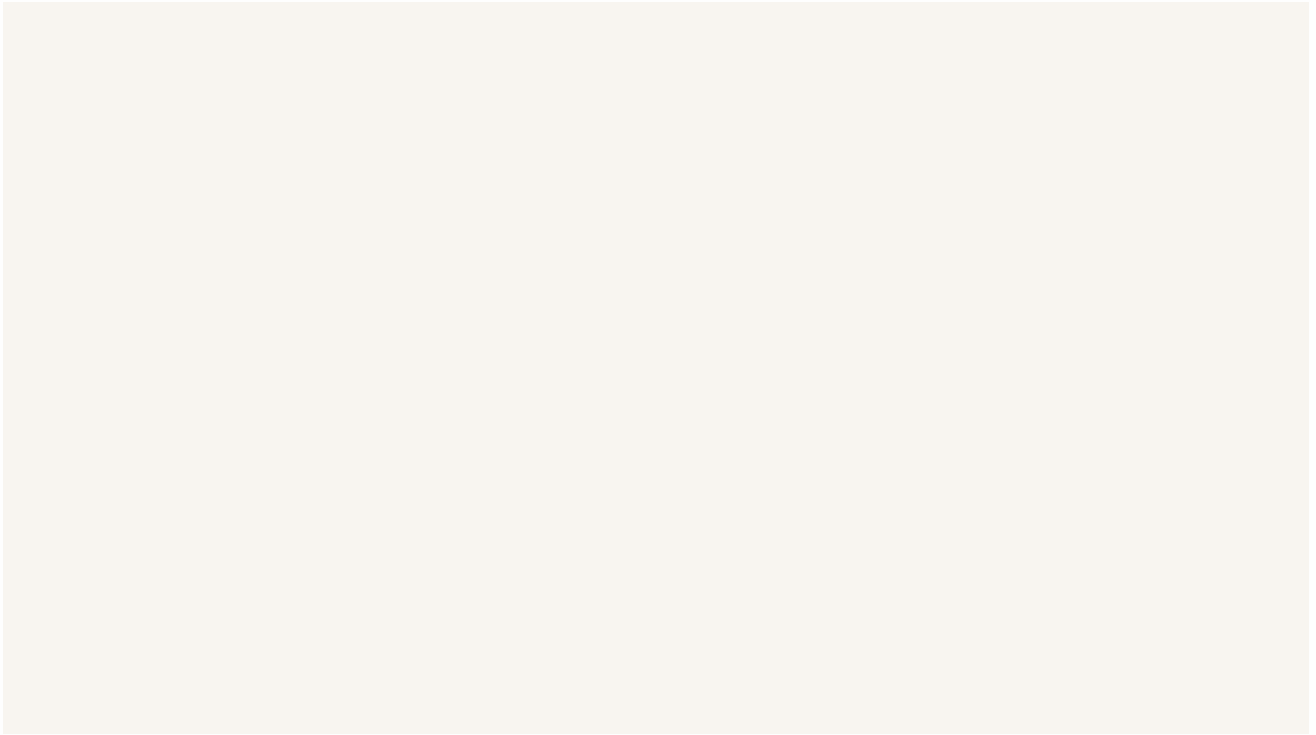


What are my highest values? How were they reflected in the year that has been?

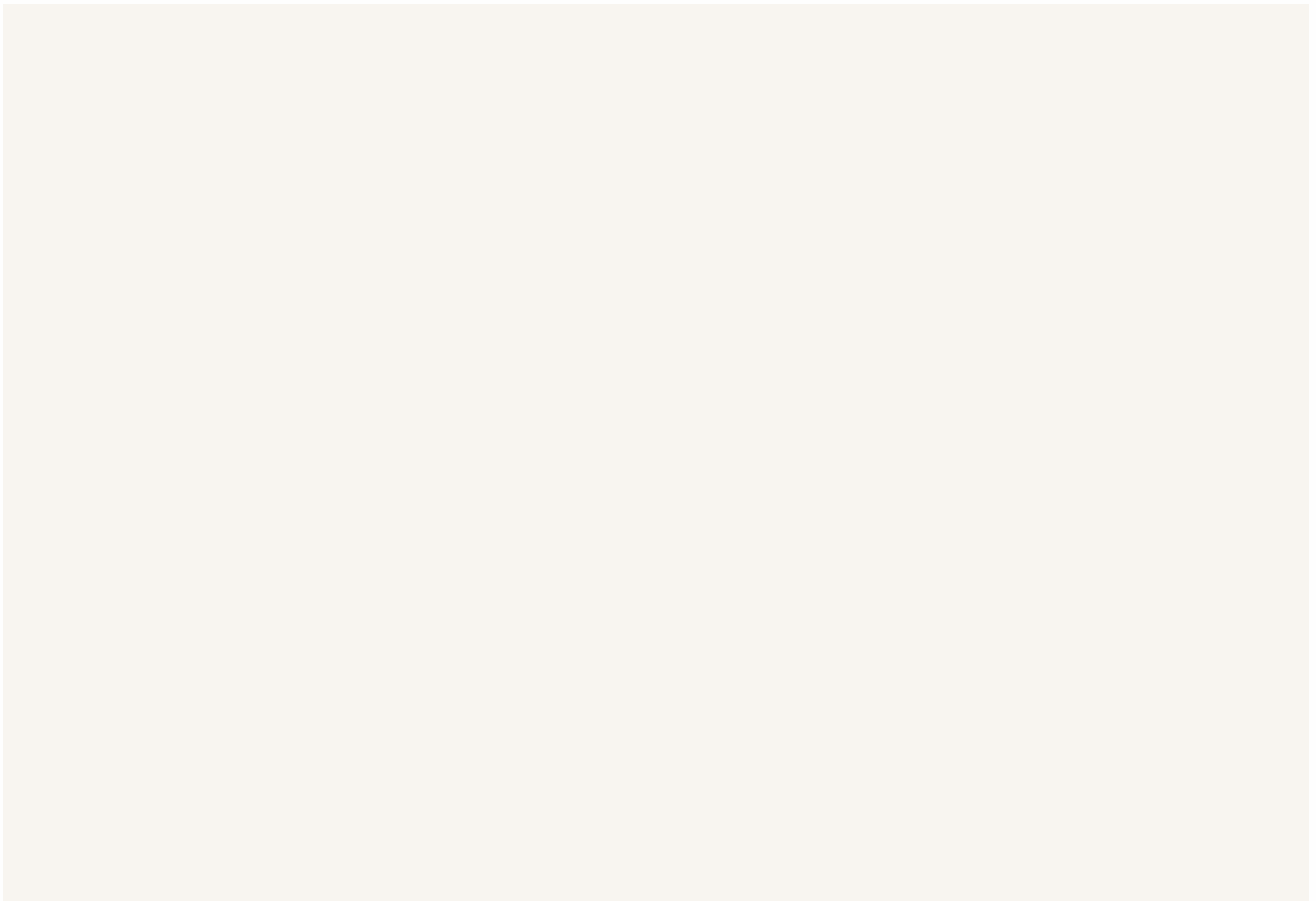


INTENTION

What are the values that you would like to nurture and deepen in your experience of in the year ahead? What would that look like?

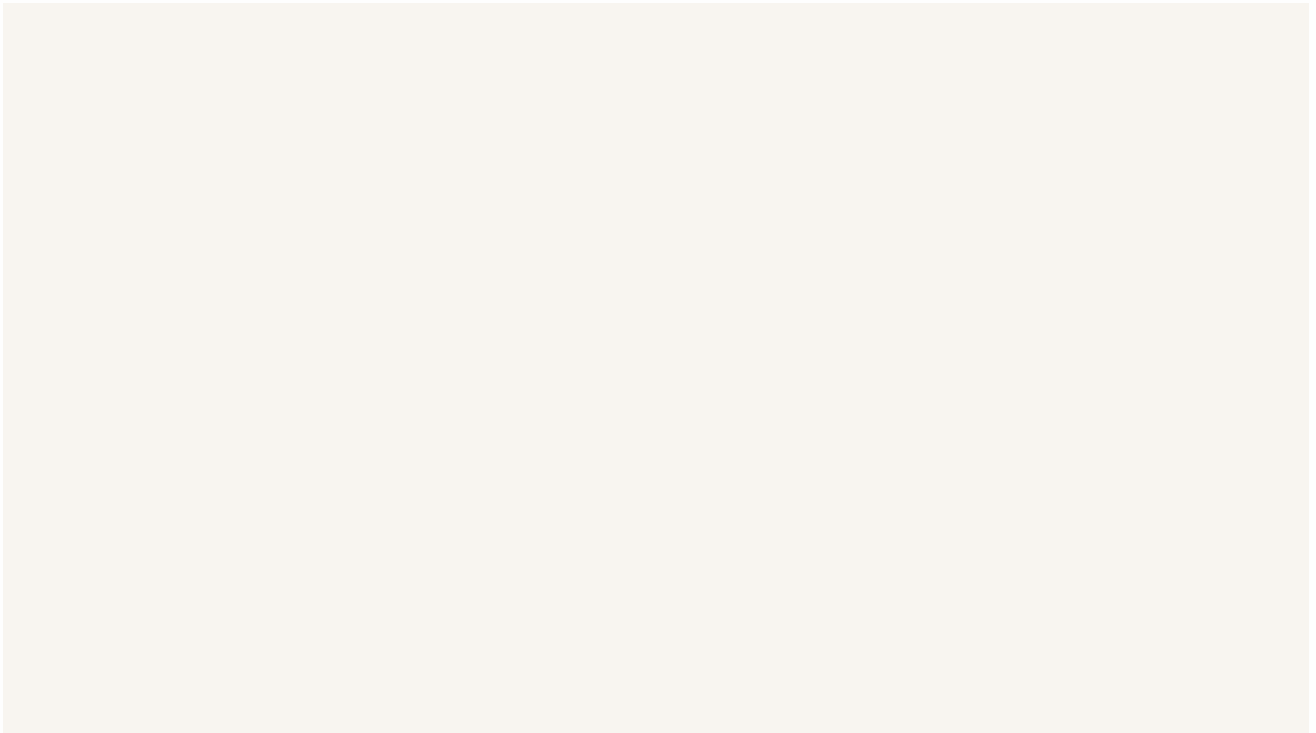


What structures, boundaries or logistics need to be put in place to support this?



OPEN TO & INVITE IN POSSIBILITY

How would you like to feel in living in alignment with your values?



What would make it even more delicious?

