




Refresh: Introduction



Invitation to read through the Course Guideline and see how each feels in your body, making any notes as you go:

- Open heart, open mind – let's lean into curiosity.
- This is a space of belonging and embracing: there are no mistakes and no outsiders. We embrace our humanity here!
- Let's resource as we go, tending to ourselves and asking for support when needed.
- Practice stretching while also honoring our unique capacity.
- There is no wrong way to do this and everything is an invitation.
- Questions are welcome and encouraged here.
- Let's honor the boundaries around sharing this material.

What are your blessings for your time in this Refresh?



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How do the Recommendations for the Refresh land? Are any of these really exciting or intriguing to you? Are any a no? (As a refresher they are: monotasking, building self trust, and taking notes)

How are you going to create and set the space for this course?

What is your intention for doing the Refresh? What brought you here and what do you want to get out of it? Begin with a desired outcome in mind and invite that to inspire you.



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What helps you be accountable? What motivates you?

What tends to get in your way? Do you have any patterns that may keep you from enjoying this course?

How can you resource in those moments? How do you remember and touch back into your intentions and desired outcomes?



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Pretend, just for a moment, that we have a magic wand and anything you need to thrive in this course, you can have! What did you wish for? Why?

Is there any way you can offer yourself even a small piece of that?

Would it feel good to set a simple, kind intention calling more of that into your life?

Is it possible to cultivate more self-compassion as you do this? If so, how?