



*Inspired Action*

# INSPIRED ACTION FRAMEWORK

So many of us often seek outside of ourselves to bring meaning to our own experiences and to guide our decision making. We give our power away to other people, organizations, books, etc. We lack self-trust and doubt our own inner wisdom.

Journaling, creative writing, intuitive painting—all expressions—invite our deep inner wisdom to the surface of our conscious minds. Clues start to reveal the way to inspired action when **ask, allow, & align** within our inner landscape.

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FRAMEWORK

ASK

Offer curiosity to any situation with gentle inquiry and start to muse and meander.

ALIGN

Invite your inner wisdom to respond based on your own internal cues—mind, body, spirit.

ALLOW

Open up to receive new information in both familiar and unexpected ways.

