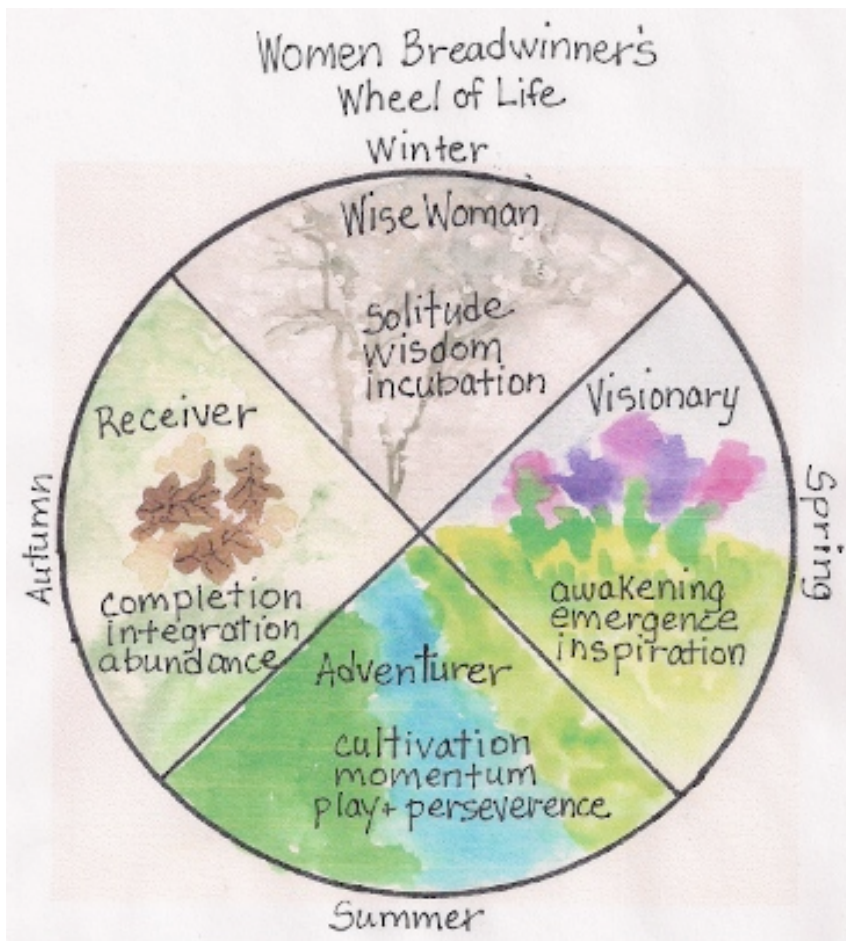


Spring Alignment Kit 2014



Spring

This year, we will “walk the wheel” of the Woman Breadwinner’s life in these quarterly Alignment Kits.

The seasons call forth different and powerful aspects of ourselves, to match the seasonal rhythm of Nature.

Each season offers us unique energies that can energize and inspire us as we move through our lives.

As we align with these aspects of the seasonal year, we are supported in being our best and most creative selves.

Calling Forth Our Our Inner Visionary



Spring offers us an opportunity to draw on our inner visionary, to look ahead and get an intuitive feel for our vision of ourselves and our lives. There are things that have been lying dormant all winter that are prepared to grow.

In what areas of your life are you called to be a visionary right now?

What is the vision that “wants to emerge” from within you right now? Consider both who you are becoming and your life.

How are you already being a visionary in your life?

Spring is About Preparing



Spring is also about preparing. We prepare supportive conditions for the new growth, in us and in our lives.

What are you preparing for?

What is the preparation that you need to do, to encourage the new growth, in yourself and your life?

Spring is About Beginning



Spring is about new beginnings, new growth. Things that have been lying dormant all winter are now ready to grow.

What is beginning to grow from within you?

What wants to be cultivated in your life?

Energy We Can Draw On: “Awakening”



Take a deep breath and allow the energy of awakening to fill you. Breathe it in. Imagine that “awakening energy” is infusing all the cells of your body.

What is being awakened, naturally, in you?

What is it time for?

Energy We Can Draw On: “Emergence”



Take a deep breath and allow the energy of emergence to fill you. Breathe it in. Imagine that “emergence energy” is infusing all the cells of your body.

What is being born through you, into your life?

What new growth already has momentum?

What does this new growth need from you?

Energy We Can Draw On: “Inspiration”



Take a deep breath and allow the energy of inspiration to fill you. Breathe it in. Imagine that “inspiration energy” is infusing all the cells of your body.

What new ideas want to express through you?

What are you inspired to be or do in the next few months?

How can you offer fertile ground to the new ideas coming through you?

If something important is emerging within you, and you would like to explore new possibilities in your life.....



A Special 3-Call Coaching Package for Former Clients

Let's discover more about your new possibilities, and focus your energy moving forward.

This is a No Material, No Prep, Show Up Fully Present series of 3 forty-minute coaching calls for USD 400.

Call #1: Explore the Emergence. What is calling to you? What is it time for? What already has natural momentum in your life?

Call #2: Be the Visionary. Who is it important to be, as you move forward? Who do you need to be to cultivate the new growth in your life?

Call #3: Take Essential Action. What are the initial strategies and action plans that will begin to move you forward, boldly, into your new possibilities?

If you're interested in this Coaching Package, please write to me at [Lynne Fairchild](mailto:Lynne.Fairchild@wayfindingcoach.com) and we can book times in our calendars.



Thank you for giving yourself the time to reflect in this Spring Alignment Kit.

Wishing you many blessings in this Spring Equinox season,
Lynne

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I help you find your way through the unknown territory of life transition.

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