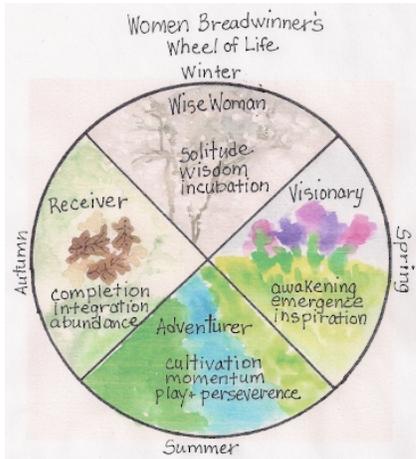


Summer Alignment Kit 2014



Summer

We are celebrating Summertime! Summer is the home of the Adventurer in you. This is a season of journeying, and growing, and the energies of Cultivation, Momentum, Play and Perseverance can support you in all that you are becoming.

Feedback, Please?

I would love some feedback on these Alignment Kits. I'm wondering how it would be possible to meet more of your needs and desires with them.

My intention is to give you something that's easy to use and that will allow you to take some time out to reflect, access your inner wisdom, and take stock of your life journey.

I'd love to hear:

- What do you enjoy about the Kits?
- How does the Kit help you?
- How could it meet your needs even better?
 - More of....
 - Less of....
- Total redesign? Ideas?
- Anything else?

Just a few words of anything that occurs to you would be very helpful for me. Thanks!
Just pop an email to me by clicking on this link: [email to Lynne](#).

Calling Forth Our Inner Adventurer



What does being an Adventurer mean to you?

What does it mean, particularly, at this time in your life?

What is the *spirit of being an Adventurer*, to you?

How can you allow the spirit of Adventurer live through you, in your life?

Summer is about Journeying

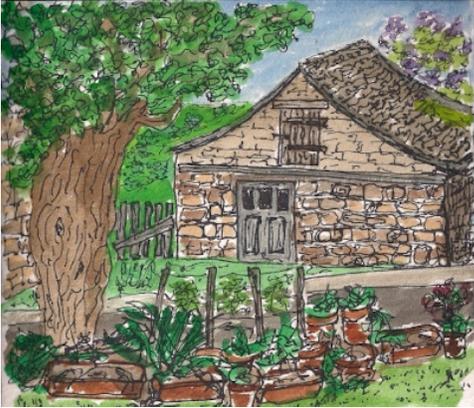


What is the journey that you are called to, as you *Be the Adventurer*?

Open your heart and be willing to be surprised at the answer that may come from within.

Please give some space and time for the answer to present itself to you.

Summer is about Growing



In what ways are you growing?

What is growing naturally in your life?

How can you make space for it to flourish?

Energy We Can Draw On: “ Cultivation”



When you plant a garden, your role is to tend the space, so the seeds have fertile and receptive space to grow. You cultivate the ground, rather than pushing the growth.

What are the seeds that you want to cultivate?

If you know that they are already growing, with the help of the Wisdom within, how would you like to cultivate them?

Energy We Can Draw On: “Momentum”



Summer is a season of great momentum. We see evidence of the momentum of growth all around us in Nature.

What has natural momentum in your life?

Feel it in your body. What is the organic growth that already has traction, within you, and in your life?

Energy We Can Draw on: Play



At our core, we are playful, creative beings. We have a natural urge to play and create.

How do you want to play this Summer?

What's calling you, for pure pleasure and enjoyment this Summer?

How will you allow play into your life this Summer?

Energy We Can Draw On: Perseverance



Nature perseveres, and you are one who perseveres also. Celebrate this quality within you.

How do you notice your own perseverance?

How does it show up in your life?

How does it help you?

Would You Love a Summer Retreat?



Here are two possibilities for you to do a summer retreat, from anywhere.

Retreat One: Being on the Threshold of a Change

Is your life about to change, in a big way?

In this retreat, we'll explore:

- What is the threshold I'm on?
- Who am I called to be, during this change in my life?
- What are my key opportunities?
- How do I prepare for this change?

Retreat Two: Creating Strategies for Thriving in a Life Transition

Are you in the middle of a challenging life transition?

In this retreat, we'll explore:

- How can I maintain my sense of equilibrium and balance during this life transition?
- What are the specific strategies that will support me in thriving through this transition, not just coping or surviving?
- How can I travel through this life transition with ease, clarity, and power?

Play and Reflection, to Discover Your Inner Wisdom

I'll invite you to play with visual images (from magazines or other sources) as well as journal writing. We'll also use coaching inquiry to explore the inner shifts and the changes in your life. These activities tap into your powerful inner wisdom, and you'll allow your inner guidance to help you find your way through the unknown territory of change and transition.

How Do These Retreats Work?

There are two retreats to pick from (see previous page).

Of course, if they both resonate, feel free to let me know and we can do both of them during the summer.

They are both virtual retreats, meaning that you can do them with me from anywhere in the world. All you need is a phone, to call me, and some time and space for retreat and reflection. You don't need to go to a retreat center; it can be even more powerful for you to create some nurturing space in your home to do this inner exploration.

Here's how they work:

- You pick an afternoon where you can devote 4 hours to a reflective retreat.
- We have two one-hour coaching calls during your 4-hour retreat, one at the beginning, and one at the end.
- In the middle two hours, you enjoy doing coaching activities and inquiries that I send to you.

The fee for each retreat is USD 350.

If you have any questions about these retreats, or if you would like to schedule one for yourself, please [send me an email](#).

Thank you!



Thanks for downloading this Summer Alignment Kit.

Now, get a cold, refreshing drink and enjoy it!

Wishing you many blessings and much love for your Summer Solstice,
Lynne

Lynne Fairchild, PCC, MBA
Professional Certified Coach
+1-815-568-8246
<http://www.wayfindingcoach.com>

I help you make your journey through life transition easier and more joyful.