

Summer Alignment Kit 2019



In the Northern Hemisphere, today is Summer Solstice. It is the day that Summer officially begins.

Summer is a time of expansion and growth. This is the season when we open to our full vitality. We are also invited to give ourselves some rest and relaxation in Summer.

Welcome to Summer!

What is expanding for you?

What do you know about your vitality?

Summer: Creating



In Summer, the natural world is in creating mode. We can immerse ourselves in that energy and allow the growth that is wanting to happen within us and in our lives.

The full vitality of Summer can inspire us to growth and play.

What is creating in your life?

The Invitation of Summer



The invitation of Summer is to relax into the expansion that wants to happen, both within yourself and in your life.

Summer is an opportunity to join the momentum of growth that's already happening for you.

What is your life inviting you to, in this season?

How can you engage the energies of Summer to support you in this invitation?

Questions



Questions, when held lightly and curiously, are like doorways to our souls.

Just by merely holding questions in our heart they begin to answer themselves in right timing.

What are your questions about your life right now?

What are your questions about yourself?

Vitality: Stepping into Our Expansive Nature



In Summer, our horizons can feel wider, with the long days and full sunshine. Possibilities can feel stronger, and we, ourselves, may feel more expansive.

How is life asking you to expand into new territories?

What is the new growth that is calling you?

What is it time for?

Growth: Sustaining Our Growth



In nature, in Summertime, things are already growing. They just need to be tended to, in order to sustain their growth.

Feel the energy of growth.

What does it want you to know?

How do you sustain the growth in your life?

What is it important to attend to?

Play: Allowing Rest and Relaxation



Play helps us sustain our growth.

Rest and relaxation nurture our inner growth and helps us to become more of our true nature.

Play also gives us the energy we need to sustain the things that are growing in our lives.

What is play, for you?

How do you allow yourself to play?

How will you make space and time for rest and relaxation this Summer?

Return



Return to the first page. Re-read all of your answers to all of the questions, with an open and curious mind, and a compassionate heart.

What are the themes that you see throughout the pages?

What has become clear for you?

What is your life inviting you to, in this Summer season?

What actions or commitments are you inspired to, as a result of your reflections?

Thank You



Summer is a season of growth and play.

I invite you to explore your expansion and to support yourself, and your growth, by giving yourself some rest and relaxation.

Thanks for taking the time to do the reflections in the Summer Alignment Kit. I hope that you have enjoyed them.

Please always feel free to get in touch with me to let me know about your experience with these kits.

With much love,

Lynne

[Lynne Fairchild, PCC, MBA](#)

Professional Certified Coach