

2020 RESET: RECLAIMING GOALS WITH SOUL

HOW DO YOU WANT TO FEEL IN ALL ASPECTS
OF LIFE?

WHAT DO YOU WANT TO DO, HAVE &
EXPERIENCE TO

BE IN ALIGNMENT WITH THOSE FEELINGS...?

USING WRITING CIRCLE PRACTICES,
WE'LL CREATE ACTION STEPS AS WE EXPLORE...

- Your core desired feelings
- Your preferred feelings to make mindful choices
- Using your desired feelings to access clarity and make great things happen in your life
- Accentuating the positive aspects of your life while honoring the parts you want to change
- The realization that you are bigger than your feelings as you use them as road signs to your soul

SUNDAY, AUGUST 23

FACILITATOR CAROL WALKNER

10:00 A.M. (EDT) - 12:30 P.M.(EDT ~ \$35

6906 Plainfield Road
Cincinnati, OH 45236
513-272-1171
www.womenwriting.org

