

THE R.A.E. PROCESS

Return & Expand



Return & Expand!



Thanks for joining me!

We will begin with a centring meditation on our inner guide so we get out of our head, let go of any feelings of comparisonitis, 'shoulds', anxieties or worries.

First centre on your breath and bring your attention on your body.

Call in your future self, inner guide, wise self....

Use mindfulness techniques, meditation tools, visualisation tools and breath and body awareness techniques that you feel comfortable with.

The Release

There is inevitably challenges whether internal or external in our lives.

Before we move to gratitude, we may need to acknowledge the difficult, hard or painful moments.

Acceptance and forgiveness are the foundation of the Release.

Even if it has been hard, the acceptance of the challenge helps clear the way to move forward.

So allow yourself some space to feel where you were let down, where you let yourself or others down, where life threw you a challenge...

Who or what do you need to forgive? Or how can you forgive yourself?

If you had an intention that you set for 2019 did you accomplish it? If not, notice what didn't support it with acceptance and grace.

What are you ready to let go of that is crowding out your best work, wellbeing or best relationships?

Shake it out if you feel the need! Let it go!

The Return

We have joy and courage at our core.

The Return is a chance to remind ourselves of our positive core. Our superconscious which is our true nature or soul self. Or from another angle - designing behaviour from possibility, rather than past conditioning.

Gratitude is a way to return us to our positive lens
& build our capacity to expand.

If you named an 'intention' or you had specific goals last year
notice now what supported you and went well, OR what strengths did you
develop in the process of working on those goals?

Who am I grateful for last year?

What am I proud of? (what I created, where I really did my best)

What rituals and habits for my wellbeing, work goals & relationships are worth
continuing?

*Take a deep breath & soak up these positive moments
and centre on your positive core.*

The Return & Expand

From this place of re-centring, notice -

What goals do you want to return to?

What vision are you renewing?

What qualities or resolve do you want to keep aligning to?

IF you sense a new goal or intention -
return into the depth of *why* you want it.

Goals are driven by needs.

Let's align our goals to our needs - EG autonomy, intrinsic expression,
competence, connection & love, challenge, safety.

When our deeper needs are acknowledged we can align our actions to
these motivating forces. For example:

If you want more money, you would acknowledge the need to be
competent/expressive and financially supported. When we see the need we
can commit to that action - I express my passion & skills & am rewarded well.

If you want to have a vibrant relationship you would see the need to have
fun and feel connected. You can affirm - I am loving and fun with my partner.



The Expansion

Give your energy a little boost! Centre on your positive core. Centre on the feelings of these possibilities coming to fruition and how it feels to be living the affirmation. Eg - feel the loving relationship and how you act, or feel the career change and how you express yourself and your financial rewards.

My YES list for 2020 (habits/goals/vision)

What is your top priority for your career? Note 2 milestones.
(visibility? partnerships? new project? change direction? wind down?)
Who would you need to be being to achieve this?

What is your top priority for your life/wellness/happiness? Note 2 milestones.
(more fun? look after physical health better? improved relationships?)
Who would you need to be being to experience this?

What is one immediate action in each area that will get you
being aligned to your vision , your affirmative self, your positive core?

Repeat your affirmation regularly.
Be inspired by your words on your screensaver or mirror!
Put your goals in your planner/diary & make it actionable!
Be open to miracles as you align daily to your best self.

Return & Expand in Sisterhood

Support is critical in moving your dreams forward. Do you have an accountability buddy? Do you have your own circle of sisters to support each other?

As a Coach I am available for Individual Coaching sessions to help you tune into your deepest vision and keep you accountable to your version of success. But it's more fun together...

**If 2020 is the year to have a sisterhood to
support you check out:**

templewellwoman.com/magnify

for a 6 month Women's Circle Journey for Women Leaders who want to align their lives to their best through authenticity and expansion.

Wishing you the best for your most aligned empowered life!

