



PHASE OF CONNECTION

- gratitude and celebration of the collective, every stake holder
- honoring self
- harvesting learnings and sharing openly
- investing in people, strengths-based approach
- inspiring and aligning collective vision to make a difference, going beyond barriers

INTEGRITY



PHASE OF UNCERTAINTY

- Slowing down, stepping back
- Noticing and letting go of harmful beliefs, attachments, shoulds and musts
- Taking a meta view/helicopter view
- Empathy for self and others, deep listening.
- Collaborating, asking for support, acknowledging the thread of interconnectedness

FLEXIBILITY



PHASE OF RENEWAL

- TLC, tender love and care, nourishing
- expressing my passion, doing what i love
- congruent/values-aligned actions every single day with commitment
- perseverance, increasing your locus of control, taking baby steps
- courageous acts of love and kindness, however small

AUTHENTICITY



PHASE OF EMPTINESS

- acknowledging our genuine feelings compassionately (anger, depressed, hurt, shame, guilt, revenge, etc)
- mourning/grieving the loss/past and forgiveness (betrayal, failure, rejection, etc)
- humbly meeting needs of the body-mind-spiri by seeking support.
- digging deeper - big picture, what truly matters to me(values) and beyond me(legacy)?
- letting come by being curious- open to what's emerging?

VULNERABILITY



- paying purposeful attention to the present moment, non judgementally
- present moment awareness with an intention to remain open, curious and accepting of whatever arises..

MY INSIGHT PRACTICE
