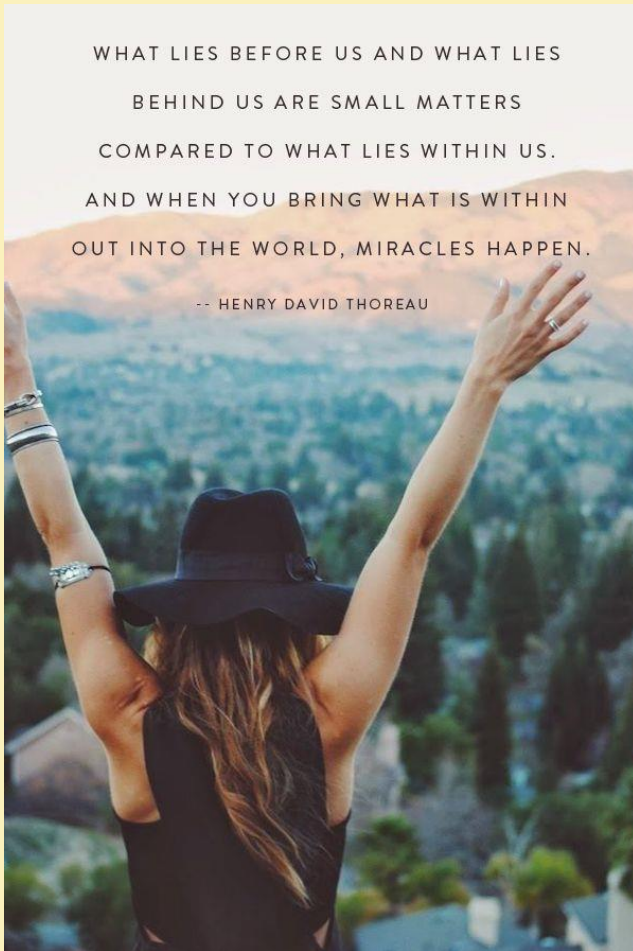


Claim YOUR Badges of Courage –

A four week possibilities workshop Tuesdays January 10-31

With a precise framework for safely exploring feelings and learning the difference between emotions and feelings, each week you will come closer to your deeper truths that want to guide your life to fullness and purpose. You will learn to use the sword of clarity with the feelings of anger, sadness, fear, and joy as you reframe the challenges in your life into badges of courage to wear with intention and honor. Come fly!

For more details and to register, visit www.innerfortune.com/courage and the Thrive Integrated Wellness page on Facebook



Actions that lead you to new possibilities:

- ❖ Listening Slowly
- ❖ Using Precise Words
- ❖ Smile Meditation and Eye Contact
- ❖ Energetically Apprenticing Others
- ❖ Dream and Subconscious Reflection
- ❖ Drinking Water Mindfully/Gratefully
- ❖ Taking Each Step in Relationship With the Ground
- ❖ Centering the Body
- ❖ Integrating Feedback
- ❖ Clarifying Anger
- ❖ Clarifying Sadness
- ❖ Clarifying Fear
- ❖ Clarifying Joy
- ❖ Making Distinctions
- ❖ Actively Raising Consciousness