

UNFOLDING 2017

REFLECT • REVIEW • REFRESH

*“I would love to live
like a river flows, carried
by the surprise of its
own unfolding.”*

- John O'Donohue



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HELLO

Every moment allows you the opportunity to reflect, grow and begin the journey of any change and transformation. However, there is no denying the feel of new beginnings and freshness that comes with a New Year.

I believe that dates are just numbers. But I also know that this time of the year – generally more than any other – we do a lot more self reflection.

So why not capture it?

I want to live in a world where fresh starts happen moment by moment, new questions asked and stories written when we want not when the calendar dictates. I want to live in a world where we aren't waiting for a clock to tell us it's time to think again.

Own some time for yourself during this season, and give yourself permission to question, to reflect, to consider the endless possibilities and opportunities that are available to you in every moment and every day.

Let's forget resolutions, and instead consider inspirations and intentions. A space to write, collate, acknowledge your part in your time. And some breathing space to let go of the 365 days just gone, and consider the promise of the every one to come.

With much love to you, let me know how you get on – all my details are on the last page.



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GETTING STARTED

What's the best way to complete Unfolding?

Answer:

In anyway you like. Do you need quiet? Do you need noise? You choose. At home? In a coffee shop? Sitting in a bar? You choose. Alone or with company? You choose.

Do what's right for you.

I do recommend:

- Printing it out.
- Making the workbook yours. Scribbling. Doodling. Writing notes in the white space.
- Capturing thoughts that come up.
- Honouring and noting feelings.
- Writing your own questions.
- Listening to the quiet voice.
- Grabbing your favourite drink and eats, music and creating the optimum environment for you.
- Keeping it private (unless you are completing with others)

Everything is ready, shall we just do it?



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CREATE A CAMPFIRE

For the past couple of years I have completed Unfolding by myself, with my beloved, and with a group of friends. All ways offer something unique and bring different insights.

You could quite feasibly do the same. Arrange a campfire. I don't recommend anymore than 6 people. You can hold campfire anywhere. Have a read through Unfolding and ask yourself if it would be beneficial to you to complete it with others.

If so, pick a date, a time and a place - it can be your kitchen table if you like. Invite people by explaining you would like to reflect and review the year past, and focus on what you would like to create in the next 12 months. Would they like to join you for deep questions, wine, nibbles, a chance for them to explore what's next?

You don't need to be a professional facilitator or workshop leader, you are coming together with people you know, like and trust. But make the experience matter. Make people very welcome. Allow everyone the space to answer. Give air room. Allow some 'thinking' time and perhaps some space to jot down notes. Don't think you have to complete everything. It will take a while. You may want to arrange a few campfires to do this.

There is power in community and in people coming together, you may find you have shared experience and goals.

If you have any questions about how to arrange a campfire, just send me an email via the website.



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NOW

Before you reflect back on 2016 and open the doorways of possibilities to 2017, take a few moments and pay attention to the only time you really have, now.

The past has gone and the future is yet to come, use the space below to jot down how you are feeling at this moment: **where are you, what are you doing, what can you see, what's happening around you.** Just write, the only goal here is to pay attention to what is now. This exercise will also free your mind up for what's to come.

THE QUOTE

*Forever is composed
of nows.*

YOUR QUESTION

What speed do you
conduct your life at?

YOUR REFLECTION



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SUNSET ON 2016

The sun is about to set on 2016, the past cannot be changed, but it can be reflected upon. If you take the time reflection can give you great insights: you may see how your path changed, or have a deeper awareness of the new stories now to be told.

Think back to January 1st 2016, the first moments, what were your intentions for your year ahead?

Did you have a word, motto or phrase for 2016? Write it down here.

How did you remain true to your word, motto or phrase? How did you embrace it as part of your life and allowed it to be the fuel for your intentions in 2016? What have you learned from 2016?





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SUNSET ON 2016

What was your **bravest** action in 2016?

What are you **grateful** for in 2016?

What was your boldest act of **courage** in 2016?

What was your **proudest** moment in 2016?

Where were you **fearless** in 2016?



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SUNSET ON 2016

When did fear and doubt stop you in 2016? What have you learned from this?

What was a **defining** moment for you in 2016? What is here to notice?

What **changes** did you embrace in 2016?

What **challenged** you the most in 2016? How does the challenge play a part now?

What did you **learn from others** in 2016? Thank them here, and if you can, do it in person.



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SUNSET ON 2016

How did you **play** in 2016?

What did you **create** in 2016? Include a surprise. A lesson. An unexpected.

What did you **discover** about yourself in 2016 you didn't know in 2015?

List three ways you **nurtured** yourself in 2016?

Describe a **good** day from 2016:

Describe a **remarkable** day from 2016:



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SUNSET ON 2016

What did you **do less of** in 2016?

What did you do **more of** that you welcomed in fully?

Where did you **surprise yourself** in 2016?

What new **routines** did you start in 2016?

What did you give yourself full **permission** for in 2016?

What did you **practice** in 2016?



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SUNSET ON 2016

What was **tiresome** in 2016? How do you want to let it go now?

What new **experiences** did you have in 2016?

What **upset** you in 2016? What did you learn about you?

Where/what did you **explore** in 2016?

What **baggage** did you pick up in 2016?

What do you need to **forgive** yourself for before 2017?



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SUNSET ON 2016

What needs to be **left behind** now in 2016?

What made you **laugh** in 2016?

Where were you most **confident** in 2016?

Where did you **experience** joy in 2016?

What three things did you **achieve** in 2016?

Who **supported** you in 2016?



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2016, GOODBYE NOW

Write a Goodbye message to 2016 and put it firmly in the past. Even if there are 'left-overs' from the year not been dealt with yet.

Just begin, 'Dear 2016, you're over, I wanted to let you know that ... I am thankful for ... I am grateful for ... I wonder if ... maybe I learned that ... I think of the months ... anything goes really, just write and remember to sign it.

Dear 2016,

TO DO

Write a thank-you note by hand and send it to someone who has helped you this year.

TO DO

Before the end of the year gift an item to someone who would love it.

TO DO



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BURNING BOWL CEREMONY

May or may not be your 'thing', but I have included it for you. I love these, it could be because I am bit of a pyromaniac (firewalking). In writing Unfolding I have tried to seek the origins but I've failed (for now).

A Burning Bowl ceremony is performed to transform the things you no longer serve you, it's performed a lot a New Year, but isn't limited to this time. It's about fresh starts, letting go, releasing, cleansing, closure and optimism and hope for the future.

You'll need a source of fire and pieces of paper. Before you begin: go inside, get quiet, connect with your heart, breathe deeply and on the pieces of paper write down what no longer serves you and what you want to release – one thing per piece of paper. Be honest.

Once you have those, turn the piece of paper over and write down what want to replace them with. For example, you may want to release yourself from judgement, and replace it with forgiveness, or money worries with abundance.

When ready, place your piece of paper on the fire with the intention of letting go, surrender and allowing new starts, new beginnings. Take your time. Don't rush the process. Great done with others, but the writings are private. Don't burn yourself! I don't recommend that. Once the paper is burnt, it's gone.

LMM

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WALKING TO MEET 2017



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SUNRISE ON 2017

Let's dig in: go on a voyage of the mind and heart. Play. Explore. Dream and fill up with intent.

- Where have you to go?
- What have you do?
- What have you to say?
- Who have you to say it to?
- What would love do?

T O D O

Sit for moment. Close your eyes. Take all the time you need to play in your imagination, even for two minutes. See the days, the months, and the moments laid out before you. Don't plan, just consider possibilities and opportunities: life, work, career, relationships, play, fun, health, fitness, parenting, spirituality, the detail is your own making.

If you get lost or your mind wanders just bring it back to this moment by focusing on your breath. When you are ready, open your eyes and just jot down the thoughts that came to mind.

QUOTE

Sometimes it's the smallest decisions that can change your life forever.

QUESTION

How do you dare to live your small decisions?

REFLECTION



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UNFOLDING & INTENTIONS

There is a difference between setting intentions and having intentions. To have is to know them, to set is to act upon them. The only thing you have to do (read: only thing) is to have your intentions set, and then ***act upon (including thinking) what you have said you will do.***

Sounds easy? The *having* yes, it's *easy to say* what we are going to do. It takes a lot more to act upon it.

The intent needs your clarity, focus and energy.

If you found yourself in a burning house your intention would be to get out, you would act upon your intention because your life depended on it.

When it comes to setting and having life and living your intentions the urgency or life or death scenario isn't a play. But...

I don't know what will move, motivate, inspire and empower you to see that every single moment you have is your life depending on you.

You are the only one who can decide and choose to live your life by intention and what those specific intentions are.



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DEAR 2017

In order to align with you really are you can't wait around for anyone to give you the signal to go ahead and create what is in your heart. You have to step up. You need to come to edge. You need to take part. It's a good thing to remember when setting intentions.

My word for the year is:

My phrase for the year is:

My go-to feeling for the year is:

Dear 2017, I have the intention to

... I set that intention by

... I will focus and align with that intention by

Dear 2017, I have the intention to

... I set that intention by

... I will focus and align with that intention by

Dear 2017, I have the intention to

... I set that intention by

... I will focus and align with that intention by



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SELF LOVE

Self love is the regard, respect, and attention to your own well-being, mental health and happiness.

It's become a fairly well used term, but many of us still don't really know what it means. It's individual. It's personal. The word *Self* pretty much gives it away. Not to be confused with arrogance, self-conceit and egotistical. It's knowing yourself, taking responsibility and ownership your own *Self* and needs. It's about being honest with your strengths and weaknesses. And the man (Erich Fromm) who came up with concept also said, *to love another - one has to love oneself in this way first.*

SELF NURTURE

Is taking care of your own needs. Looking after yourself: inner and outer. Keeping the promises you make to your health, well-being and happiness. Honouring your self love. It's taking care of yourself by respecting your own boundaries, treating yourself with compassion and kindness. Similar to self-care. It's the inner and outer world of nourishment. Mind, Body and Soul.

Knowing yourself, understanding when and what you need to do in order to remain healthy, sane and wise. Again, like Self-love, it's personal. Unique to you.



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SELF LOVE

Looking after your own needs is not an act of selfishness. Far from it. It's nurturing. It's caring. It's responsible.

I have the intention to practice *Selflove* in the following three ways:

- 1.
- 2.
- 3.

I shall set this intention daily in 2017 by:

I have the intention *nurture myself* in the following three ways:

- 1.
- 2.
- 3.

I shall set this intention daily in 2017 by:



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JOY

Is there a difference for you between joy and happiness? Is it delight? Elation? Bliss? What adds to your joy? And, more specifically what are creating, doing and thinking to giving more joy in your world?

Let's look at the months to come. Think of the year as whole. What's important that you to do more of to add to your feelings of joy and happiness.

JANUARY

FEBRUARY

MARCH

APRIL

QUOTE

Past and future are only in the mind. I AM now.

QUESTION

What power is your I AM?

REFLECTION



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M A Y

J U N E

J U L Y

A U G U S T

S E P T E M B E R

O C T O B E R

N O V E M B E R

D E C E M B E R

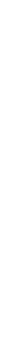


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SUNRISE ON 2017

Let's leave goals for another time and another place. Let's just play. Think well. Explore. Decide on how we want to feel. Take a break here if you need to. Before you start again jot down a quote that moves you, and one you live by:



I want to go up this learning curve in 2017...

and once I've done that, I will turn my brilliant learning mind to...

I recognise that fear may rise; this is how I commonly know it's on the way, and what I will do to love it down:

TO DO

Speak to someone who is doing what you would love to learn.

TO DO

Find and join a group online or of that supports your passions.

TO DO

Find a space that helps you create the life you want. Enter.



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SUNRISE ON 2017

This is where I am going to explore in 2017...

These are the new places where I am going to photograph...

This is what my sacred space looks at my physical home...

This is what I am going to a lot more of because I love it...

And this is getting the heave-ho...

I am choosing to remove the following from my life...

So I can appreciate more of..



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SUNRISE ON 2017

I will share love in the following ways this year...

And will honor my top five my core values on a daily basis by...

Whenever I feel separate from them, I will immediately...

I will take time out for me in the following ways...

Because when I do this, I know that...

I will surprise myself this year by...



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SUNRISE ON 2017

And I will tell these truths about myself in 2017...

In 2017, I will stand for...

I shall no longer...

To have, give all to all, and I give in 2017...

I shall invite play into my life by...

And see remarkable in the days because...



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SUNRISE ON 2017

I will do less of this...

And more of..

And surprise myself by...

And I shall commit to practicing daily...



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YOUR SACRED WORD(S)

Your sacred word(s) is your promise. It's a vow, an oath a commitment to yourself. An agreement you go into with your own self that you will do what you say you will do. Not religious, but taken as a divine and cherished words.

In the 365+ days to come I promise to

In the 365+ days to come I promise to

In the 365+ days to come I promise to

I commit to my promises by:

They are cherished because

QUESTIONS

What will happen if you don't commit?

QUESTION

What could happen if you commit?

QUESTIONS

What won't happen if you commit?



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PERMISSION GRANTED

To be sovereign over your Self and to direct your life truly is to be free of the control and coercion from others. Instead of directing our own life we wait for nods, permissions sips and/or for others to go first. Go first.

In my passions, I hereby grant myself full permission to

In my relationships, I hereby grant myself full permission to

In my environment, I hereby grant myself full permission to

In my thinking, I hereby grant myself full permission to

In my intentions, I hereby grant myself full permission to

In my sacred words and promises, I hereby grant myself full permission to

QUOTE

Perfectionism is an illusion. Give yourself permission to make mistakes.

QUESTION

What mistakes would you like to make more of this year?

REFLECTION



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YOU PLANNER

On the next sheet is a 12month you planner. It's derived from a person-centred planning tool called *PATH* by John O'Brien.

Complete it in this order:

1. The Dream

In all the white space available write, draw, scribble how you would like to live day-to-day. What areas of your life you would like to transform, how would you like things to be different. This section gives direction to the other parts.

2. 12 Months On

Imagine that a year has passed and you are completing this again.

There are two rules for this stage: all goals are recorded and all are possible.

What events will have taken place to make elements of the dream a reality. These are the goals.

3. Now.

In this section record everything that is happening and the tension between where you are and where you want to be in 12 months time.

4. Support

Think of the Now and the Goals – write down who and what you need to enrol (and perhaps find) to make the goals possible.

5. Commitment

In this section write down everything you need to do – daily – to stay committed to the goals.

6. One Month/Three Months

Working both areas at the same time write down specific steps that can be taken towards the goal. Includes dates, support, commitment, ideas.

7. First Steps

Choose a date and write down your first steps – to be completed before the date chosen.



NOW

SUPPORT

COMMITMENT

FIRST STEPS

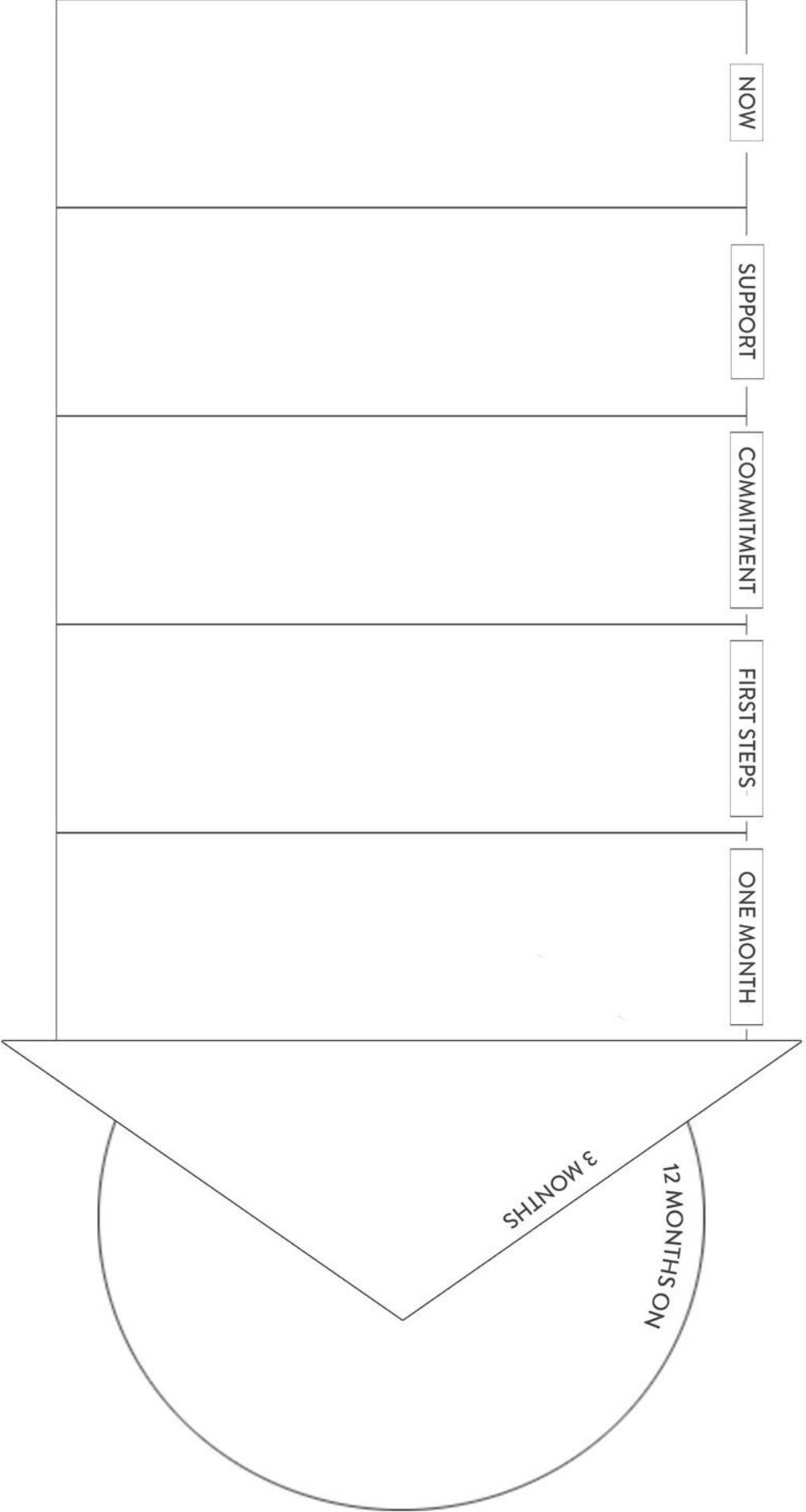
ONE MONTH

THE DREAM

12 MONTHS ON

3 MONTHS

THE DREAM



DATE

TOP 3 GOALS/PRIORITIES

- 1.
- 2.
- 3.

NOTES

PLANNER

MORNING

AFTERNOON

EVENING

TO-DO/ACTIONS

RANDOM THOUGHTS/IDEAS

MISSION/INTENTION/ATTENTION

BUDGET

MEALS

SELF-CARE/REWARDS

DAILY GRATITUDES

GOAL PLANNING SHEET

STATE THE GOAL: *Financial, health, mental well-being, social, business, career, spiritual, personal, learning, family, hobbies, relationships, fitness etc. Write the goal in the present tense as if it were happening now. Transfer sub goals onto daily planning sheet.*

SUB GOALS

<input type="checkbox"/>	_____

<input type="checkbox"/>	_____

HOW WILL YOU KNOW YOU'VE ARRIVED?

CORE VALUES:

WHAT DO I NEED HELP WITH?

WHO DO I NEED TO RECRUIT?

NOTES:



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30 DAY PROMISE

A pledge.
A vow.
A pact.
An oath.

A 30 Day Promise is a commitment made to you, by you.

They don't just happen at New Year, they can be started at any time. They can be used for getting stuff done, learning a new skill, working on a goal daily.

One of the reasons I love them is because they do keep me focused and breaking down those massive goals into do-able chunks makes it w-a-y more fun.

ROPE IN OTHERS

Do you have any goals that are shared with others, or that you are completing with others? You can both set a 30 Day

Pledge and perhaps share responsibilities and tasks if you want to.

What can you use a challenge for?

Writing every day
Blogging every day
Exercise Plan
Healthy Eating
Thank your cards
Reading
Organising
Phone calls to family/friends
Additional time with children
Story reading
Cooking
New website
Career moves

Anything.

It's your promise to you.



I AM COMMITTED TO THE FOLLOWING
PROMISE FOR NEXT 30 DAYS:

Write your promise & why. The 'why' is 'no matter what', not 'why bother', if you aren't excited now, you won't be on Day 2:

1	16
2	17
3	18
4	19
5	20
6	21
7	22
8	23
9	24
10	25
11	26
12	27
13	28
14	29
15	30

POINTS TO REMEMBER:

- Is it fun?
- Are you enjoying it?
- Are you letting it be easy?
- Small steps work too.
- Are you focusing on the moment, not the month?

NOTES TO SELF:

Nip to Living Moxie to see if a 30 Day Challenge is happening.



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"Unfinished Poem

I would love to live like a river flows, carried by the surprise of its own unfolding." - John O'Donohue

The goal at Living Moxie is simple: to help deploy the most authentic version of you into to world. To support you to carve your own path, live life from the inside out.

I am loving the surprise of how Living Moxie constantly unfolds. No longer trying to change the route of the river but flowing with it.

Living Moxie has become less dependant on the tools and techniques and more allowing and transformation in 2016.

Before we go:

Your experience of your life is happening inside-out. Change your thinking, and you change your world.

You are perfect and whole

Your true nature is love, peace, clarity, well-being, confidence, curious, courageous.

You have wisdom. This is your most honest guide.

You are constantly unfolding.

You and I have much to learn. And all the answers we seek are within us right now for what is needed right now.

My wish is you are constantly surprised by your own unfolding.

See you out there (in here) in 2017. LOVE.

Damon



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RESOURCES

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