

@Desire Design

We are going to make a plan around the 'new' experiences that you are going to have as a result of this process.

What are you going to try?

What resonates with you about Spirit?

Do you want to join a community for some 'different' experiences, eg. Yoga, Tai Chi or Full Moon Gatherings? (You will find some of these groups on Facebook or LinkedIn)

How will you ensure that you follow through on your new 'replenishment' program? (eg. Accountability Muse or other Mentor, or some other method?)
