



LETTING GO OF 2020

Alchemize 2020 to create an incredible 2021

Workbook 2

THANKING

CELEBRATING

ALCHEMIZING



ALCHEMIZE WITH CELEBRATION

WORKBOOK 2



"Our brains are like Teflon for the good, Velcro for the bad"

- Dr. Rick Hanson, neuroscientist.

Although we don't necessarily want to see where our energy is stuck, it will naturally bubble up as soon as we have a free moment. We're wired this way.

If we are willing to alchemize and take responsibility for ourselves (like you are, by working through this process!), it's great news because we get to claim our power back.

But the good? The incredible? the magical? the wonderful? Our biology isn't built to remind us. WE need to do that. We need to anchor in the deliciousness of life in our nervous systems by **SAVORING** those experiences and recalling them later.

So as weird as 2020 was? Let's remember the GOOD.

THANKING

WORKBOOK 2

I'm going to come clean right now. I have a near automatic "eye-roll-response" when someone talks about gratitude. Also? When I'm consistently practicing being grateful? I am a good 33% happier.

With a lot of upheaval and change, 2020 offered strange opportunities. What happened this year that has been beneficial? What did you learn? What did NOT happen that you can be grateful for?

What to do:

- (1) Take out a journal or fresh document and set a timer for 10, 20 or 30 minutes.
- (2) Write about all the good that happened this year. Write about WHO you're grateful for and WHAT you're grateful for. Go deep. Go beyond just making a list. Why are you grateful for this person, occurrence or thing? What did it allow for?

Let your heart grow 3 sizes. Let it swell so big it hurts.



PROMPTS FOR GRATITUDE

- Who was simply AWESOME this year?
 - Who helped you?
 - Who did you grow to love this year?
- What kind of growth did you experience?
 - What did the events of 2020 allow for?
- What was a saving grace in challenging times?

CELEBRATING

WORKBOOK 2

Now that you've reviewed the year through a lens of gratitude, let's seriously CELEBRATE.

Celebrating is a bit different from being grateful. With gratitude, you get to open your eyes at how supportive the Universe is. While celebrating, you get to let go of modesty for a second... and... dare I say it? Revel in your OWN glory.

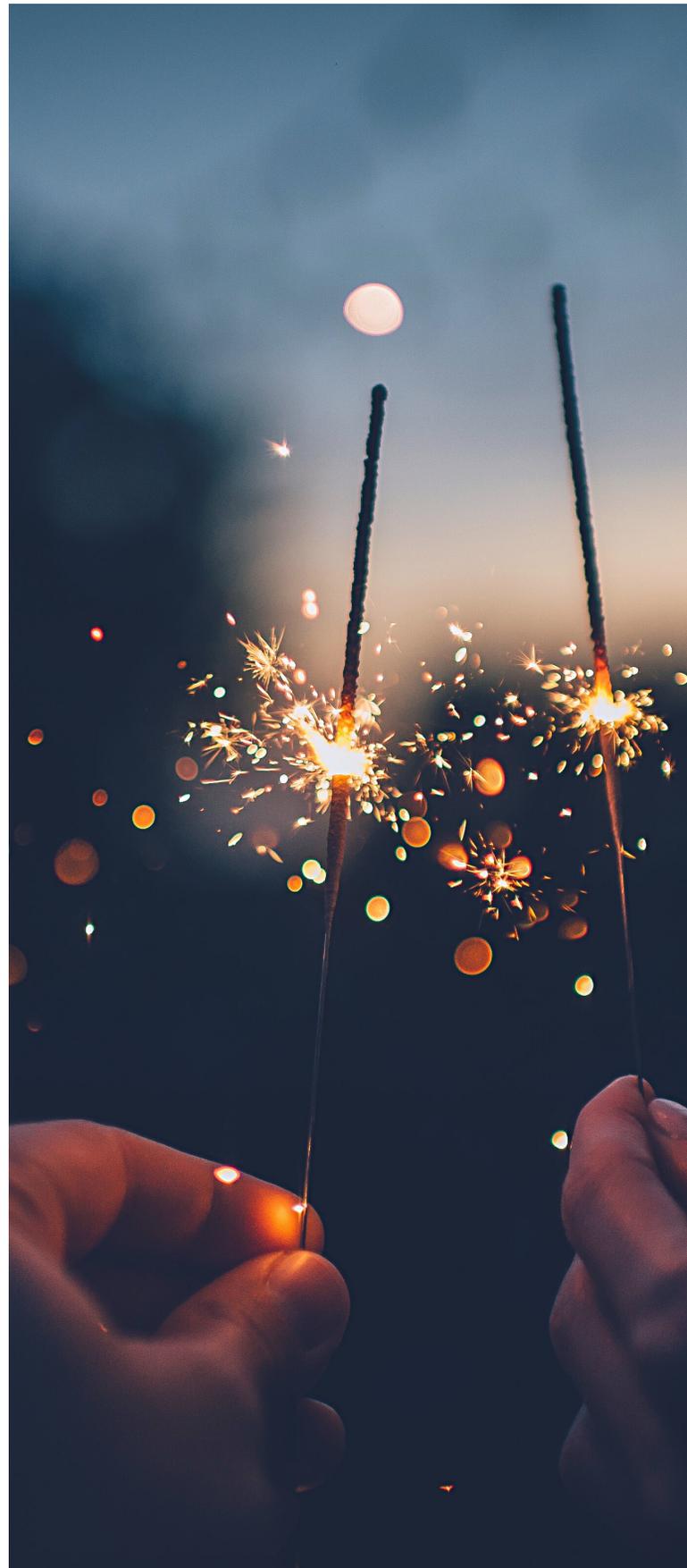
What did YOU do well this year?
Which challenges did you overcome like a boss? What are you proud of?
Which strengths did you grow?

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What to do

Start a timer, make a list.

- What did I own?
- How did I grow?
- Which challenges did I overcome?
- What did I do WELL?
- What did I manage to let go of this year?
- What am I proud of?



DANCING

WORKBOOK 2

Okay, so you've done the AMAZING work of naming and seeing all the wonder, magic, grace, and awesomeness of 2020.

Now it's time to let your BODY feel, express and live those feelings.

That way, you get to wire it into your nervous system in a deeper way.

What to do

- 1) Choose a song, or two, or three, or ten that...
 - ... represent the year
 - ... sound like joy and celebration to you?
 - ... are super fun to dance to?
- 2) Put on the music.
- 3) D A N C E your joy, your celebration, your gratitude. Jump up and down. Do the twist, the lawnmower, be silly.

Let your body feel all of it. And if it flips into sadness or anger? That's okay too. Just dance it through.





ABOUT INGE

Thank you for being here and doing this work! I firmly believe that each one of us doing our healing work is creating a vastly better future for ALL of us.

Inge is...

an energy healer and spiritual teacher who is passionate about taking the sh*t life hands us and turning it into incredible works of art.

Exceptionally, in the cadre of this program, she is accepting new 1:1 clients for smaller commitments, so if you want to gift yourself some help, don't hesitate! .

WITH A BIT OF CURIOSITY AND A LOT
OF LOVE, EVERYTHING IS POSSIBLE.

INGE BROER