



Sacred Rhythms™

Your Journey into Deeper Connection with
the Natural Cycles of Life starts here

Sacred Rhythms Week 1 Homework

Introduction to the Sacred Rhythms

1) Continue to journal from the voice of your Outdated Survival Mechanism – from it's HIGHEST WISDOM.

Spend 3-5 minutes writing from the voice of the survival mechanism, then read it over and analyze.

You can ask specific questions too. For example:

How can we be better friends?

What is a better form you can take?

How can I know when to listen to you and when not to?

(***Coaching Technique Note: The more you intentionally engage with your outdated survival mechanism, the more you will learn from it, have the where-with-all to call it out as it gets activated unintentionally, and harness it)

2) Make it a commitment to notice and track when you feel in Rhythm and Dis-Rhythm this week.

Be like a detective: When are you in rhythm or dis-rhythm? What's the environment like? What are the triggers? What are the thoughts and feelings?

(**Coaching Technique Note: The more you track your Rhythm and Dis-Rhythm, the more you'll be able to catch yourself in Dis-Rhythm and change course)

3) If you're working with clients: Assess which overarching phase of the cycle each client is in.

Get clear for yourself if your client is currently in an overarching Winter, Spring, Summer or Autumn phase. It will help you understand more about their current needs, their current pace, how to set goals with them right now, and how to strategize.

4) We'll also be sharing in the member center a visualization you can use to connect more deeply to the Rhythms

EXTRA CREDIT: As you move through your week, also TRACK when your Survival Mechanism shows up. Keep a log of date, time, circumstance and what messages the Survival Mechanism is giving you.

Enjoy! And I'd love to hear what comes through for you this week!