

Summer Refresh

Week Two Workbook

Completing Your Labs
Taking Aligned Action
Exercise: Yes & No
Incorporating Play
Nervous System Support



New Members: Remember to Complete Your Labs!

Remember to complete your blood work and at-home tests as soon as possible to start receiving personalized guidance.

Our library of video test instructions can be found [here](#). If you need further instructions, please feel free to book a [15 minute Zoom call](#) with us!



Lab testing is
understanding the
language our body
is communicating

Taking Aligned Action



WHERE WE'VE BEEN

We've been in the energy of spring – making our game plans, slow and incremental change, and growing into who we need to become. In the winter, we regulated our nervous system and found our sense of groundedness.

WHERE WE'RE GOING

We're heading into summer, which is all about action! We've laid the foundation for stability and planning and are now ready to take aligned action into our dreams and desires.

Summer is all about movement, rapid change, interacting with others, and making things happen.

You've done the
work! Now is time
for action!

Checking in: Yes & No

We don't just want to take any action forward – we want to make sure it is aligned with our body. Do the following exercise before taking next steps to ensure you're on the right path.

- Close your eyes and take a few deep breaths.
- Bring something to mind that you know is a “yes” – something that feels supportive, such as a loving friend, partner, pet, parent, favorite food, etc.
- Notice how this feels in your body. What sensations do you feel in this “yes” energy? Note them in a journal.
- Bring something to mind that you know is a “no” – something that feels unsupportive, such as people or an environment you know you do not enjoy. Ask someone to be with you to hold the space if this part is uncomfortable.
- Notice how this feels in your body. What sensations do you feel in this “no” energy? Note them in a journal.
- Bring to mind a situation you are contemplating. See if it resonates with the “yes” or “no” body sensations.

You now have a baseline for what aligned action, or a “yes” feels like. Check in with your body, rather than your mind, before taking next steps to make sure it is a heart-centered action.



Incorporating Play

Authentic joy and play can be very vulnerable, especially if this is a part of ourselves that we've shut down over time. Try to incorporate one of the following play exercises each day to flex the play muscle more regularly.

JUMPING

SKIPPING

SWINGING

DANCING

HULAHOOPING

BOARD GAMES

DRAWING

IMAGINING

STORY TELLING

WRITING

COLORING

PAINTING

SINGING

COOKING



Nervous System Support



The opposite of fire is water. Incorporating support from the water element can help us ground our nervous system so we can increase our capacity to do more.

- Get in water (lakes, rivers, oceans) when possible!
- Remember to stay well hydrated.
- Incorporate nervous system supporting exercises daily:
 - Attend the weekly community meditations when possible
 - Visualization exercises
 - Full body squeezes exercise
 - Orienting exercise

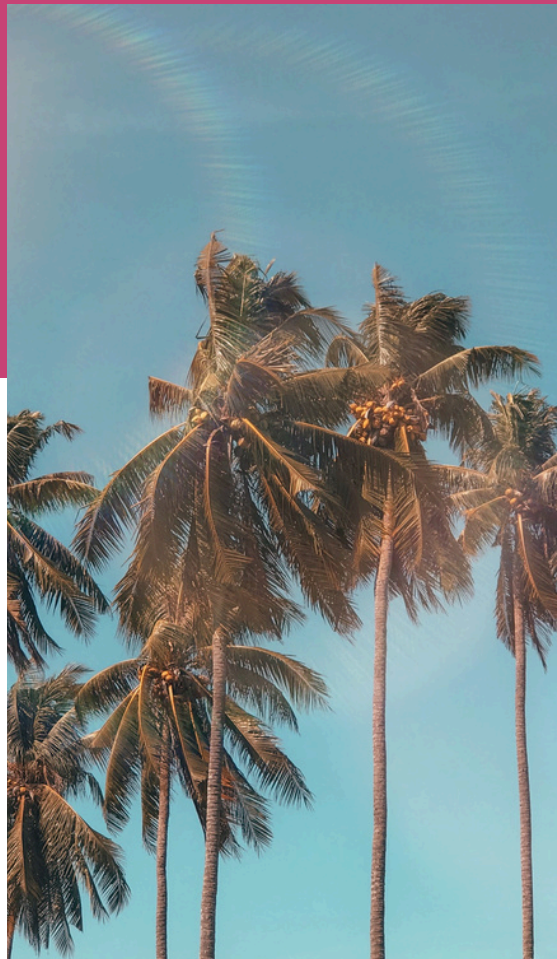
You've done the
work! Now is time
for action!

See you next week!

We now understand aligned action, what a full body yes and no feels like, how to incorporate play, and how to regulate the nervous system during the summer months.

We'll be meeting next week, Wednesday, July 2 for our third Zoom meeting.

See you then!



Do you need
more help?

[Schedule a Zoom](#)



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