

A close-up photograph of a branch with several pink, heart-shaped flowers (Corydalis) hanging down. The background is a soft, out-of-focus teal color. The text is overlaid in the lower half of the image.

*the ART wisdom  
Workshop*

This three-hour workshop is designed to connect you with the vision of your heart, and help you arrive at a clearer truth about who you are now, what you want for your life and how to start bringing your hearts truth into your daily life



# *Consider this...*

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We are born free. Over time, our sense of being can become muddled and tangled within the beliefs, perceptions, truths, ideals, values and habits of those around us, and we can lose our true selves and core sense of being. Usually, we are so busy living life that we do not stop to even question 'Who am I?' Often, it takes a 'wake-up' call, to force us to stop, and ask 'What matters to me?' and 'What do I really want?', or 'What is the meaning and purpose of my life?' These powerful questions mark the initiation of a return to your authentic being, leading you to really feel that: 'Yes, this is my real truth, this is who I really am, and this is what I want for my life', and to affirm: 'This is what I am going to do now'. In this workshop, you shall be supported in connecting with the wisdom of your heart, and gain clarity on what you now truly want to create and experience in your life.

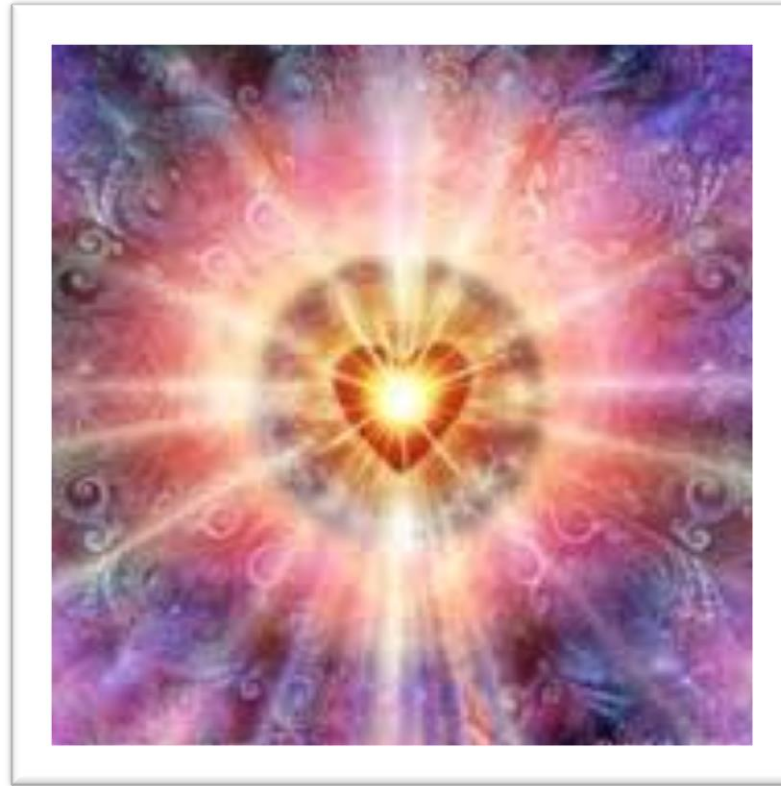
## **Workshop Outline**

During this workshop you shall be invited to:

- Discuss what it means to live a heart-centred life.
- Engage in creative thinking exercises to stimulate inspiration
- Enjoy Heart-chakra art works to support inner connection
- Address inner conflicts about what you want and any inhibiting fears, and be coached to identify empowering solutions and clear choices.

As you connect with and express the energy of your heart, you shall be guided to form a clear vision of your hearts true desire. You shall then make an initiation plan to start bringing your heart-centred truth into your daily life.

To prepare you for this workshop, please go through the following slides, and consider the questions in your own quiet time.



*Workshop Preparation*

# Who am I?

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**How do you describe yourself?**

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**Contemplation Moment:**

What was the origin of these thoughts, beliefs, or statements:

Did you create these beliefs or did someone else tell you this about you?

Do you think the way you describe yourself is your truth, or what life has led you to believe?

# *What Touches My Heart?*

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Think back over your life, from the time you were a child until today and ask:  
What has inspired deep love in you?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

*Ask Yourself,  
What Matters to Me?*



Love MONEY Power

Truth Wisdom Advancement

Integrity Leadership Independence Kindness

Peace Health Happiness Success Wealth

Freedom Time Growth Opportunity Fun Creativity

Parenting Status Legacy Serving

Giving Spirituality Family Friends

Relationships Knowledge Courage

*Ask Yourself Why:*

*Why does each value matter to you?*

# Ask Yourself

If I lived your life by my top 5 values and incorporated the people, places, energies, thoughts, actions and experiences that inspire deep love in me:

- What would I do more of?
- What would I do less of?
- What would I change?
- What would I maintain?

What does it look like, feel like, sound like, smell like, taste like,  
and what does it mean to live a heart-centred life?



This is where our workshop together begins...

*I look forward to meeting you*

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