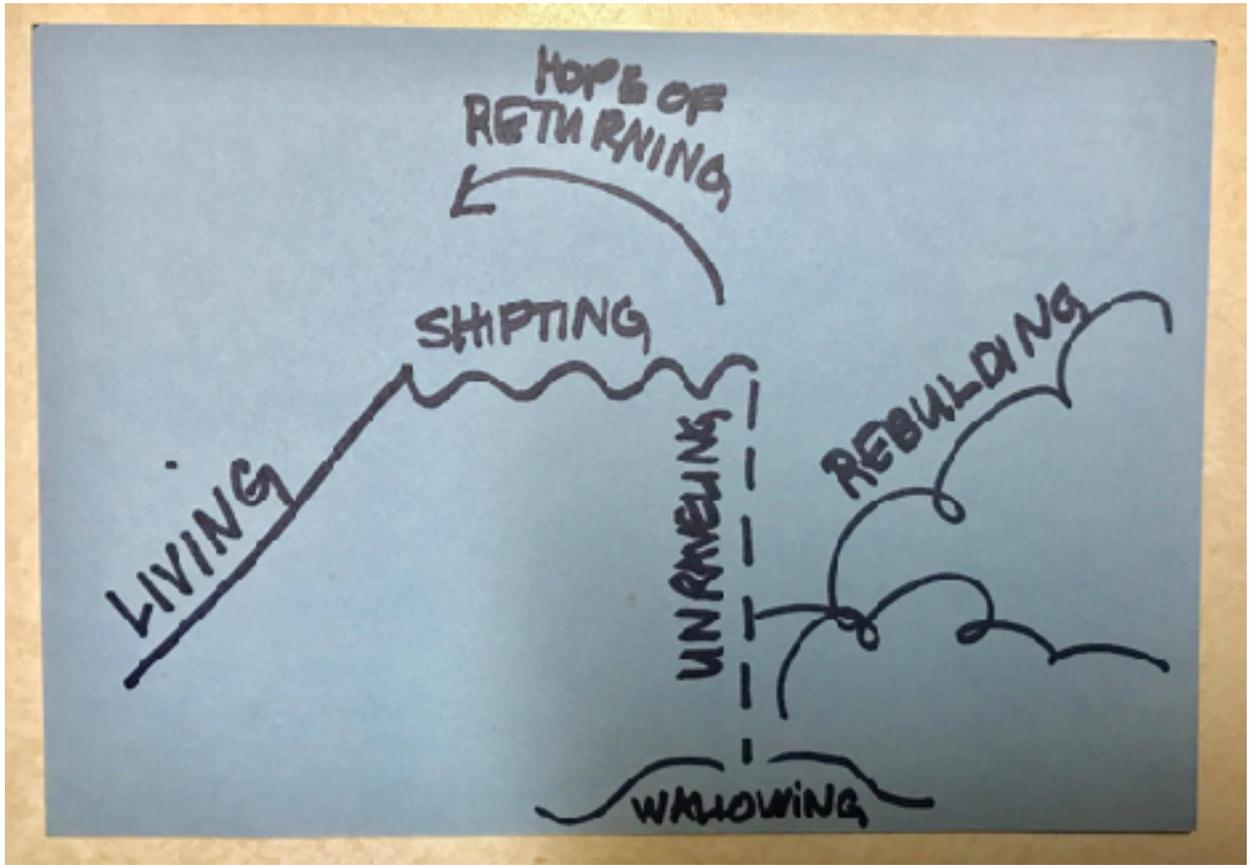


Life Shift:

Finding Our Way Forward When Everything Changes
(and Changes Again)



where do you find yourself in this story?

what has changed or is changing?

losses in unraveling

reality of the change / what did you lose?

structures & relationships / what happened with the systems you were in and the people you were with?

identity / how has your identity been affected?

Often weaved into Unraveling what we once knew:
Anger, Fear, Shame, Confusion, Anxiety, Depression,
Stuckness/Paralysis, Self-Doubt

honoring the process of loss
i've lost...

DISCOVER WHAT REMAINS...
what's left, what do you still know to
be true?

**CELEBRATE WHAT
WAS...**

what was good about your past experience,
pre-life-shift?

find what works...
Practices that bring life /

EXPLORE POSSIBILITIES...

for community
for education
for something new
show up & try it

ignite passion...

**what are your dreams & hopes & what do
you love to do?**

practice resurrection.

Kathy Escobar
www.kathyesobar.com
kathyaescobar@gmail.com