

Coyote Campfire Fall 2017

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| Name | Julie Wolk |
| Organization/program you work with | Julie Wolk Coaching - Business Guided by Nature |
| Organization/program website | www.juliewolkcoaching.com |
| What is the name of your activity/skill | Planting the Seed of Your Vision: Threshold Walk |
| What age is this skill/activity appropriate for? | adult |
| Any special materials needed to lead this activity? | Journals perhaps, but it can be done without them too. |
| Brief activity overview/description | <p>The purpose of this activity is to help people step over a threshold into a new phase of their business and listen for what's needed in this new era.</p> <ol style="list-style-type: none">1. Have people grab a partner and share on the following questions: Imagine your life up until now, where you stand now in this moment, and where you are headed. What is the era about that just ended (what have things been like?), and what is the new era that you are about to step into? What is this new era about? What's changing? What are you stepping into? What are you leaving behind? Name the new era.2. Find a sacred question: As you move into this new era, what is a big question you are asking? This will be your guiding question for your walk. This question does not have a simple answer. It may be something like... What is most important in this new era? How do I move forward? Who do I need to be in this new era? How do I trust more?3. Lay a stick down to create a threshold. Let people know they'll be crossing the threshold into their new era and heading out on a silent walk for X minutes, and their only job is to be slow, curious and to feel their body through their senses.4. Guide them in a sense meditation. As part of this, ask them to imagine their sacred question dropping down into the earth, they don't need to think about it anymore.5. Send them off!6. Council or small groups when you return - 1. What are you grateful for? What was the story of my walk, any epiphanies? What did I learn with regard to my sacred question on my walk? Who do I need to be to fully step into this new era of my business?7. Have people share their new era and who they are as they step into it. |