



WHAT TO PACK

MIRRORED SUNGLASSES to Observe & **Gather Data** *without decision*

PLENTY OF LAYERS so you can **Strip Off** What you no longer need

EMPTY SUITCASE of the things you'll **Let Go**, we travel light

JOURNAL to record your blessings the things you're grateful for & **Say thanks**

SCARF to cover your eyes from what you were not prepared to see or **Act out**

PASSPORT to mark off your **YES list** of things you never dreamed of

STOP WATCH as we have *no control* over when our plans will deliver

COMPASS to check your Radar, your internal sense of direction, the ability to

SPEAK up is needed when you've traveled too far from your centre

MATCHES to **light a fire** under you when it is sorely needed

PEN to sign your name when you arrive in or leave a foreign land

& **Give YOUR Consent!**

