



What is your soulful story?

We all have a critic in our minds that saves us from life threatening moments. This critic also can be mean and overwhelming during everyday activities, especially when we try something new or different. One way to create a new story around an idea or behavior is to make a set of story cards that align with your current beliefs. Soulful story cards can anchor you into a new positive pattern and help you to make a new behavior in life.

- create positive affirmations
- let go of negative thoughts
- set helpful boundaries
- use as a daily reminder & focus tool
- will empower you to stay aligned
- super fun to create

All materials included:

Watercolor paper
inks, brushes, watercolor
glue, sharpie, glitter, ribbon



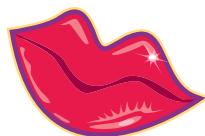
Using Intentional Creativity® participants will uncover what negative theme is reoccurring in their lives. We will discover what needs to be realigned with journaling, discussion, and guided relaxation techniques. The anecdote will be revealed and phrases and words will be your new story! Add designs and embellishments to beautify your cards.

2.5 hours

\$75 ea.

\$60 ea. two or more participants

"this class was just what I needed after a failed relationship...."
-Andrea M



"Kelly had everything ready for our group. We had an awesome experience!."
-Sue B