



Day FIFTEEN

COMMUNITY

A strong community is the heart and foundation of your business and should be nurtured so as to cultivate a kindred culture and continuously grow and spread like a beautiful wildflower!

Exploring the kind of community that you desire to build is just as important as visioning how you desire your business to look and feel.

So today let's scribble about your ideal, soul filling, heart centered community.

Take some time to quiet the mind.

Find a space that fills you with creative, tranquil energy.

Breath into the questions below.

Then grab your journal and start uncovering what your tribe will look, feel and be like...

Think about the spaces that you have felt the most relaxed, comfortable and your truest self.

1. Where were you?
2. What was the physical surroundings like?
3. How did you feel?
4. Who were you with?
5. What kind of relationship did you have with the people you shared your space with?
6. Did you feel that you could let your hair down and really be your truest self?
7. Did you feel safe?
8. Did you feel nurtured?
9. Did you feel that you could be honest and vulnerable about anything?
10. How was that relationship(s) fostered?
11. In what ways did you care for that relationship?
12. Do you desire for more of that feeling in your life & business?

13. What would that mean to you?
14. Are there boundaries that you all respect from one another?
15. What do those look like?
16. Is there a purpose beyond friendship in this relationship?
17. What might that purpose be?
18. How does that purpose make you feel?
19. What are the non-negotiable qualities you need to feel safe, secure and nurtured? Ex. trust, honesty, respectful conversation?
20. What commonalities would you like in your community and tribe?

Take a look and scribble your dream community out on paper, images, video or audio. Utilize whatever means necessary to create a vision of the collective, heart centered tribe that you would LOVE to surround yourself with, nurture and grow.