



Deep Dive

Hour 1

Get In Touch

Find a beautiful, quiet place to settle in and transition into your special time.

Here are some ideas to get grounded, focused, and intentional. You may choose 1 and make it longer or do all of them. It's up to you. Ask yourself what your intentions are for this time.

- 10 Minute Yoga Stretch
- 10 Min Guided Meditation
- 10 Min music (more music).
- Journal-brain dump or guided prompts (Bring your Enneagram Journal and focus on the Feelings prompts and feelings wheel)

Get Moving

Take a walk or hike in nature.

Unplugged or with affirmations.

Bring your journal in case you want to make notes of thoughts or ideas that come to mind.

Get Coached

Connect with Erin and share what you discovered in this first hour.

What do you need direction with? How can she support you?



Deep Dive

Hour 2

Get Equipped

Listen or read about the topic chosen.

(Erin will provide reading material)

The Journey Toward Wholeness-

Pages 48-54

Atlas of the Heart- Identify your top 3 emotions and read about them.

Get Writing

Take notes, journal, ask questions and get curious.

Get Coached

Do you need more? Ask Erin for more resources or direction.



Deep Dive

Hour 3

Get Active

What steps can you take right now toward doing what you need to do?

Do it!

What do you need to schedule, plan, or decide on?

Set three goals for yourself. Make sure they are timely and measurable.

Take a stroll or move physically in some way.

Get Grateful

Reflect and journal on this time you made to invest in yourself.

Thank yourself and think of a way to celebrate this accomplishment.

Get Coached

Share with Erin your observations and any insights you gained.

Ask Erin any other questions you may need support with.



Deep Dive

Snack Ideas

Morning Breakfast

Think protein-Eggs, ham, bacon or sausage, cottage cheese with fruit

Mid-day Snack

Trail mix-make your own

Nuts, roasted soybeans, dried cranberries, unsweetened coconut chips. Just keep the sugar content low

Protein balls (see recipe)

Fruit-Apple, peach, banana, watermelon

Veggies- Mini carrots, sugar snap peas, cucumber, avocado, mini sweet peppers

Drinks

Water, Hint water, AHA (My favorite flavor is Pineapple Passionfruit)

Protein shake-My favorite is Vega Dark Chocolate



Deep Dive

Prepare

Schedule 3-4 hours and keep this protected

Download and /or print any documents you may want paper copies of (internet may be unreliable in a remote area)

Pack/prep food the night before

Take allergy meds

What to Bring

Journal notebook, pens

Enneagram Journal

Books/resources Erin provides

Yoga mat

Beach towel

SPF

Bug spray

Hat

Phone charger

Headphones

Tissue

