



Summer Guidebook

Inspiration and clarity to align your life and business
with your soul and desires.

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Business grows in cycles, and I feel that the natural cycle of the seasons helps us to lean into the energy that is already there all around us.

The season of summer starts with the longest day of the year and from there the days will get shorter and energy is decreasing heading towards autumn where the start will mark the day with the equal length of the day and night.

Summer is the energy of water. The perfect time to trust, lean into the flow of life and enjoy the outward energy through connections and collaborations.

Now is the time of the year where nature is fully alive and vibrant. Life happens outside and the days are long and full of adventure and connection. After we climbed up through Springtime and sprouted, we now can stretch our leaves and the connection with source energy, our essence and inner guidance comes easily.

Let's open our hearts, carry our ideas into the world, share inspiration and soulfully connect with the world around us.

I do set my intentions for the next three months at the beginning of spring. I connect first with where I am and what I desire. Letting go of outside expectations and getting clear on my path from where I am to where I want to be.

Take some uninterrupted time for yourself. Prepare yourself a comfy place, light a candle, put on some music and create a safe space. Reflect on the questions and get clear on your next steps consciously.



Reflection

ON HOW FAR YOU HAVE COME

Looking back on what happened over the past really helps us to see how we got to where we are now and brings clarity and confidence to choose where we want to go next.

WHERE ARE YOU RIGHT NOW IN YOUR LIFE?

WHERE ARE YOU RIGHT NOW IN YOUR BUSINESS?

HOW DO YOU FEEL ABOUT THIS?

WHERE WERE YOU AT THE BEGINNING OF SPRING?

WHAT WAS YOUR INTENTION FOR THIS PAST SEASON?

WHAT HAS CHANGED FOR YOU DURING THIS SEASON?

HOW HAS IT CHANGED?

WHAT DID YOU LEARN AND WANT TO REMEMBER FOR THE FUTURE?

WHAT OF YOUR INTENTION FOR THE LAST CYCLE DID COME THROUGH?

WHAT DIDN'T MANIFEST OR MOVED FORWARD? WHY?

WHERE DO YOU NEED TO READJUST YOUR VISIONS AND DREAMS?

WHAT DO YOU NEED TO LET GO OF AND RELEASE TO RECONNECT WITH YOUR ESSENCE AND SOUL SO YOU CAN MAKE SPACE FOR YOUR DESIRES?

WHAT DO YOU NEED TO FORGIVE TO MAKE SPACE FOR FLOW AND EASE?

WHAT WOULD BE THE NEGATIVE CONSEQUENCES IF YOU LET GO, RELEASE AND FORGIVE?

IS YOUR FREEDOM WORTH THE RISK TO RELEASE, LET GO, FORGIVE AND FREE YOURSELF?

Releasing

RITUAL

Releasing what holds us back supports us in making space for what we really desire and want to call into our lives.

Summer is the perfect time, as this is the peak of high and outward energy and from here on the days start to get shorter again and the energy moves back inwards, which helps you with leaning into the flow and letting go what doesn't serve you anymore.

- Connect with a challenge or question you may have
- Center yourself in your heart and close your eyes
- Feel if and where in your body you feel any discomfort
- Locate this discomfort feel how this discomfort feels like
- Make a conscious decision in your mind that you let go of it and free yourself
- Feel into the discomfort and visualize how this discomfort starts to soften and dissolve
- Feel the lightness of your shoulders and how your heart opens up
- Take some time to rest, journal or do whatever feels good to you in the moment

Do this as many time as you need. It may soften and make you flow only a little bit the first time or it will dissolve and release all the tension from one second to the other. There is no right or wrong with this, do what feels good and feels aligned with you.



WHAT ARE YOU GRATEFUL FOR RIGHT NOW WHEN LOOKING BACK AT THE SEASON OF SPRING?

WHAT CAN YOU CELEBRATE?

HOW WILL YOU CELEBRATE THIS?

WHEN WILL YOU CELEBRATE?





LEANING INTO THE FLOW

Dreaming and envisioning the direction we want to go, how we want to feel and who we will be in this version of ourselves can guide us like a north star in the sky.

HOW DO YOU WANT TO FEEL DURING THIS SEASON?

WHEN DO YOU FEEL THIS WAY?

HOW CAN YOU INVITE MORE OF THOSE FEELINGS INTO YOUR LIFE?

WHAT IS DIFFERENT FROM HOW YOU SHOW UP RIGHT NOW IN YOUR LIFE?

WHAT NEEDS TO HAPPEN FOR YOU TO MOVE FROM WHERE YOU ARE NOW TO WHERE YOU DESIRE TO BE?

WHAT DO YOU NEED TO COMMIT TOWARDS TO MAKE THIS SHIFT HAPPEN?

AS WHO DO YOU SHOW UP IN YOUR DAY TO DAY LIFE AND BUSINESS IF YOU BECOME WHO YOU WANT TO BE?

WHAT ARE THE DAY TO DAY
ACTIONS YOU WILL DO IN
YOUR LIFE AND BUSINESS
THAT SUPPORT YOU TO BE
MORE OF THIS DESIRED
VERSION OF YOURSELF:

WHAT DO YOU NEED TO CHANGE TO MAKE SPACE TO FEEL THIS WAY?

WHAT DO YOU NEED TO ADD TO MAKE SPACE TO FEEL THIS WAY?

WHERE DO YOU NEED TO LET GO OF SOMETHING TO MAKE SPACE TO FEEL THIS WAY?

SEEING YOURSELF AT THE END OF THIS SUMMER SEASON. WHO ARE YOU?

Goodboard

COLLECT, PRINT AND GLUE THE IMAGES THAT REMIND YOU OF THE VERSION OF YOURSELF
YOU WANT TO BE AND HOW YOU WANT TO SHOW UP IN YOUR LIFE AND BUSINESS:

SEEING YOURSELF AT THE END OF THIS SUMMER SEASON. WHAT WILL YOU HAVE THAT YOU DO NOT HAVE NOW?

WHY IS HAVING THIS IMPORTANT TO YOU? WHAT DO YOU GET FROM IT?

IS IT REALISTIC? IF NOT, WHAT WOULD NEED TO BE DIFFERENT SO IT IS REALISTIC?

WHAT DO YOU NEED TO DO OR COMMIT TO GETTING THIS?



WHERE DO YOU NEED SUPPORT TO GET TOWARDS WHERE YOU WANT TO BE?

HOW WILL THIS SUPPORT LOOK LIKE?

WITH WHOM COULD YOU CONNECT TO ALIGN YOUR BEING WITH THIS DESIRED VERSION OF YOURSELF?

DO YOU HAVE SOME IDEAS ON HOW YOU COULD COLLABORATE?

WHERE IN YOUR LIFE AND BUSINESS CAN YOU PRACTICE TO TRUST AND LEAN INTO THE FLOW?

WHAT WOULD YOU NEED TO FULLY TRUST?

WHAT ARE THE FEARS OR WORRIES THAT DO HOLD YOU BACK FROM TRUSTING?

WHAT WOULD YOU DO DIFFERENT WITHOUT THOSE FEARS AND WORRIES?

WHAT IS YOUR INTENTION FOR THE SEASON OF SUMMER?

WHY IS THIS INTENTION IMPORTANT TO YOU?

HOW CAN YOU SOULFULLY FLOW AND ALIGN WITH THIS INTENTION?

Open up and trust

SO YOU CAN RECEIVE AND INVITE WHAT YOU WANT INTO YOUR LIFE.

My work with the cycles and elements in my own business is such a big part of my journey and growth. The big reason why I am where I am today. I look forward sending you lots of inspiration on how to build and grow a business in alignment with the cycles.

I am a creative visionary at heart and love the design and idea part of every project. My husband is the strategic thinker and has all the responsibility for the technical aspects, systems, and development for ourselves and our clients.

My husband and I work in our own business and live on the magical Island of Menorca with our daughters, two dogs and a cat. Not so long ago I only connected in my journal with how that life of mine would look, feel and be. Now here we are shaping new visions for our future. It's a daily practice to connect with myself, with my core desires and with the vision I have for my family, my life, and our business.

Building a life and business that is rooted in love and abundance is what I created for myself and wish to hold space for everyone who steps into working with me.

This path you are about to discover is not like goal setting and forcing yourself to get it, but more like envisioning and always dreaming bigger, taking aligned action steps towards that desired lifestyle of yours and being supported by the universe on your path.

