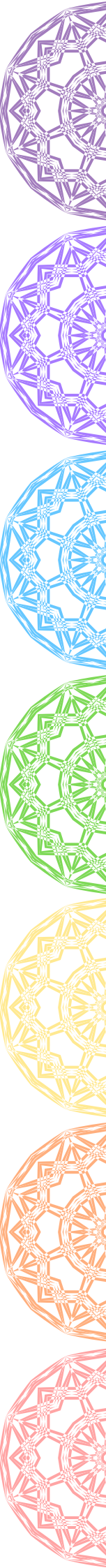


# Warrior Rising

## Pre-work



Kim Williams  
– Flourish R&R –



# Welcome Warrior

It is my pleasure to welcome you to Warrior Rising -- a program which encourages you to stand in your truth, accept responsibility for your current circumstances and create the life of your dreams by recognising just how powerful your very unique energetic fingerprint is in this world.

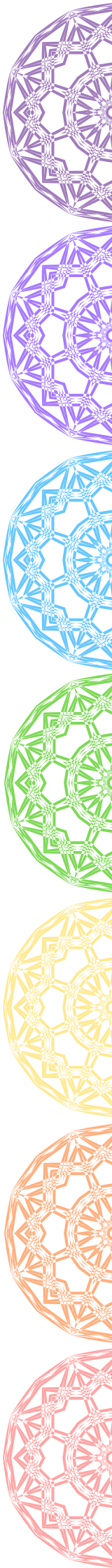
Over the coming 8 weeks, we will be taking a deep dive into your energetic centres aka chakras so that you can learn how to work with them by learning how they link in with your emotions, energy levels, physical symptoms and more.

Throughout this program we will also be discussing such topics as Angels and Guides, Past Lives, cards, crystals and journalling as well more SPIRITed based topics.

Come on in, take a look around and get ready for fun, shenanigans and deep healing for forward movement in your life.

*Kim xox*

Kim Williams  
- Flourish R&R -



# - Making Space -

## Physically, Mentally, Emotionally

To get ready for the new to come in you will need to farewell the old tired stories, wounds and baggage. So many of us are used to carrying them around with us everywhere as though they are badges of honour.

Like each scar and wound shows that you have stepped into the arena and had your arse handed to you on a platter time and time again.

No one needs that constant reminder and this program is to assist you in acknowledging that the past doesn't define you - your next step decision and action does.

It's time honey to take control and this first step is to clear out the physical clutter.

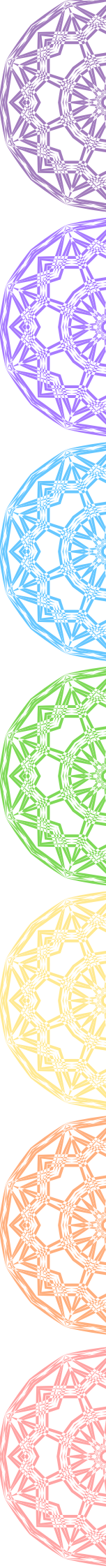
What are you holding onto physically that needs to be farewelled?

An ex's shirt that reminds you of him. A farewell card full of praise from a past workplace?

Physical clutter can be all consuming at times and it really is best to clear it. Memories will always be with you. By keeping the physical around you are also ensuring that the mental can creep up on you and sit you on your arse.

Personally, I have a motto I live by - if I haven't used it in the last 6 months and won't in the next 6 months, then it's got to go.

Kim Williams  
- Flourish R&R -





This is a great way to start shifting the energy within your physical environment and it will have a positive impact on your mind and spirit.

Make a start honey. Which space are you going to physically clear so that your mind and heart can breathe again?

No time better than right now – pick a draw, cupboard, box to clear out.

Even set a time limit. Lets say 15 mins to clean out a draw. Grab a rubbish bin, pick your draw and GO.

Come on back in here when you are ready to get going again.



Kim Williams  
– Flourish R&R –



Mentally its time to recognise where you need assistance in reprogramming your mind from wounded and victim to healed and warrior.

In this part, I would like you to take the time to notice your Inner Dialogue – how do you speak to yourself? Are you cheering yourself on and really supportive or is your Inner Dialogue more linked into your ego?

Journalling is a great way to filter through how you are nurturing yourself.

You need to find the truth with the narrative you are leading yourself around by.

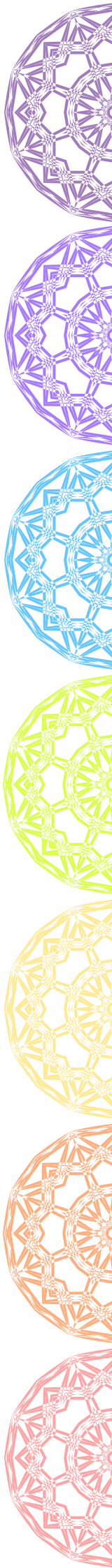
Are you feeding the hurt part of you or are you recognising that you lead the way in how you are choosing to feel?

On the following page you will find a series of questions which will assist you in your journalling sessions. You can use these or just sit and write what comes through while talking to your Inner Warrior.

Light a candle and grab pen and paper.....



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# Journaling Prompts

How do I want to feel?

What do I need to do right now to make me feel that way?

What do I need in my life?

What or who do I need to let go of?

When was the last time I felt truly happy?

What am I grateful for today?

What are my strong aspects?

What do I need help in exploring further?

Why am I hesitating to take a step forward?

My Pit Crew of Guides and Angels would like me to know.....

My Higher Self has been with me all this time and would like me to know.....

## Next Steps

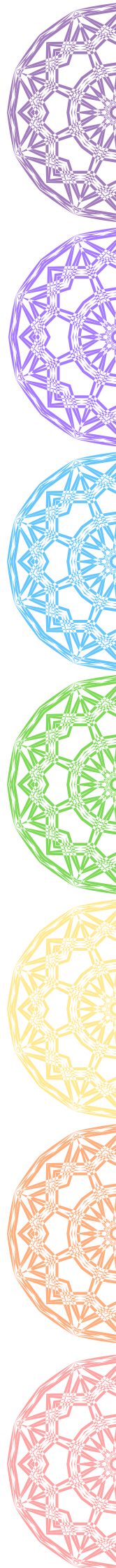
While you may be feeling quite tired and emotionally rung out right now, please know that you are doing great work honey.

Allowing all that you have stuffed down to bubble to the surface, be acknowledged and worked through so that you can release it for something better to come through, is indeed emotionally draining but you are worth something better.

Now you get to decide how you want to feel – what feelings do you want to navigate your next 3-6 months by?

These will be what you can come back to when the emotions and overwhelm will come back up at times while on this program. Consider them your navigational prompts to come back to a sense of calm, being centred in your breathing and start point when needed.

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# Homework for this module

For the following few days, I would like you to process what has come up for you. Journal whether it be via writing, video or voice recording your feels so that you can bare witness to them and then release them.

Crying is truly an acceptable form of release as is physical movement like exercise and dancing. Allowing your feelings to come to the surface so that we can turn them into fuel to move you forward.

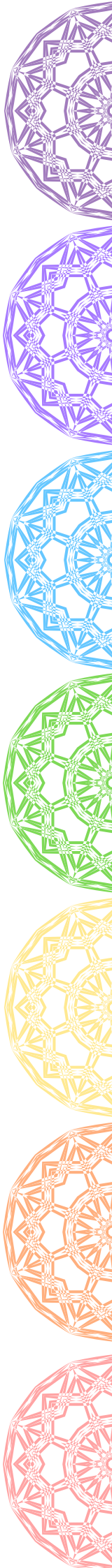
Drink plenty of water, sleep and rest as needed and feel free to come on into the Facebook group to share your journey and learn more of the one you are about to undertake.

This is just the beginning of cracking you wide open to opportunities for healing and life that you have been craving.

Love light and Hot Chocolates

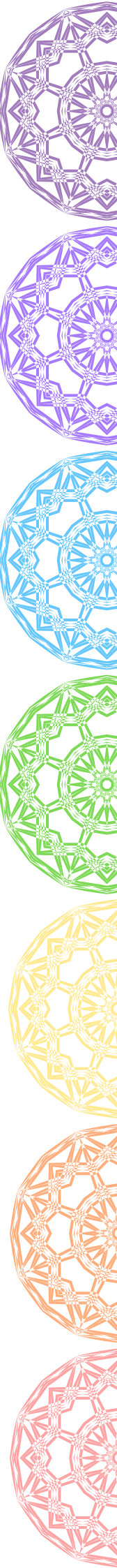
Kim xox

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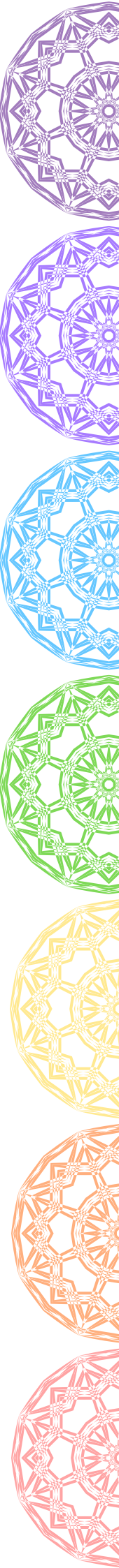


# Notes from this session



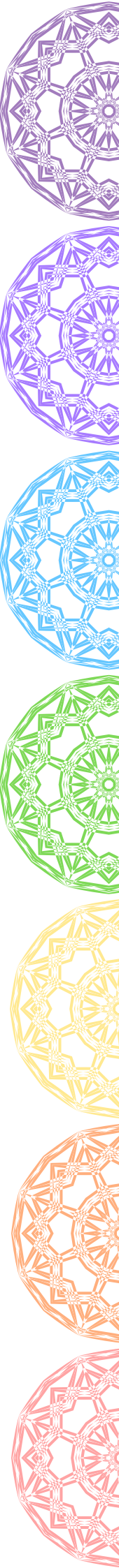
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# Notes from this session



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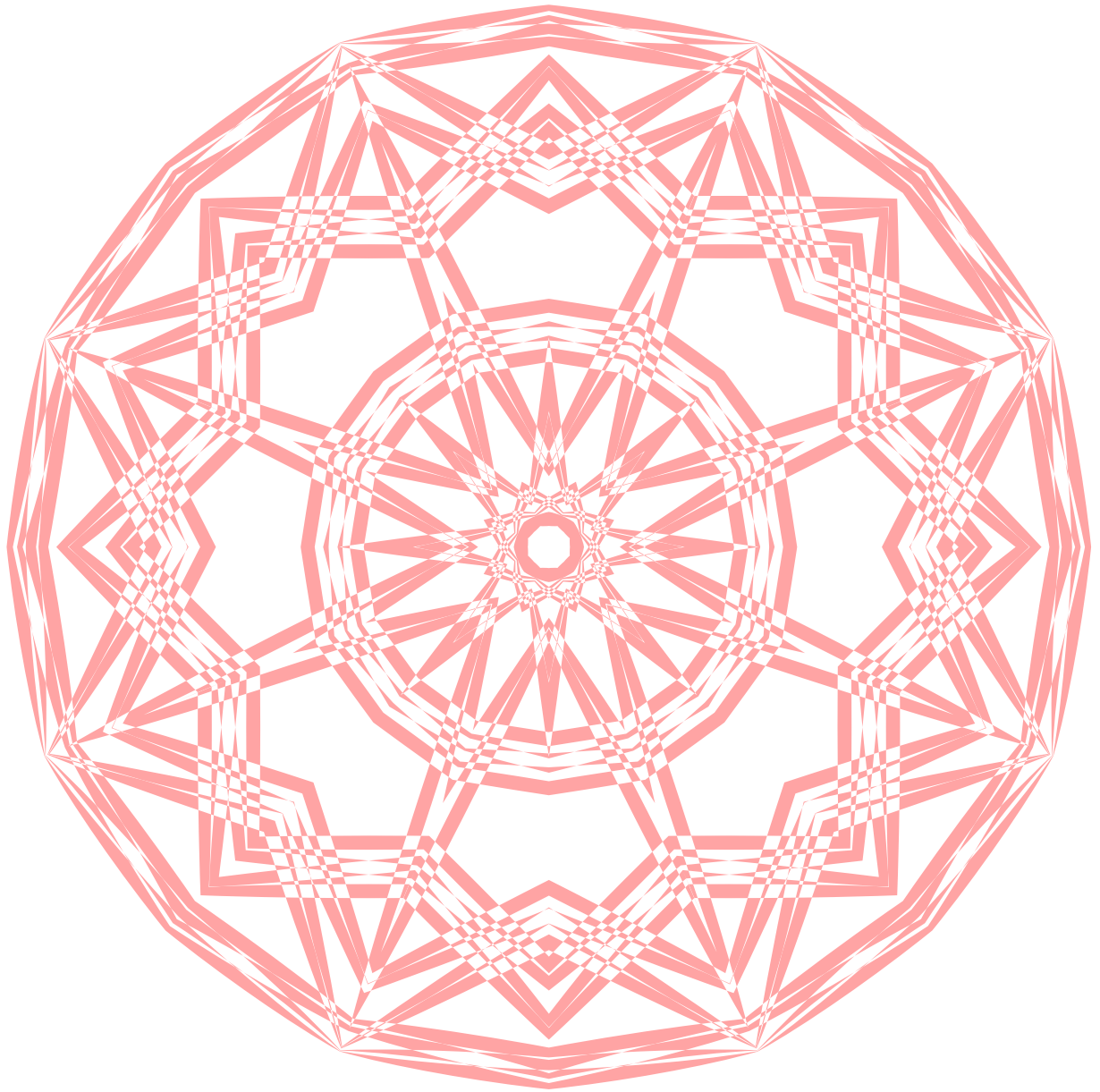
# Notes from this session



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# Time to move onto the BASE CHAKRA



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