**🧭 Workshop January: Lighter Into the New**

**Maturity, Responsibility, and the Readiness to Let Go**

This isn’t about setting resolutions.  
 It’s about recognizing what’s no longer true — and having the courage to release it.

In this workshop, we’ll explore the mature moment when we know something must change.  
 Not because it sounds good. Not because someone told us to.  
 But because we’ve outgrown a belief, a role, a habit, or a story — and we’re ready to take full responsibility for what comes next.

Together, we’ll dive into:

• One pattern or weight that no longer serves you  
• What it once gave you — and what it now costs  
• How to consciously release it with clarity and self-respect  
• What support you’ll need when old reflexes return

This is a space for honest self-inquiry and grounded personal growth.  
Not from pressure, but from inner readiness.

**Lighter Into the New**

**Opening** 15 minutes

**This isn’t about setting resolutions.**  
It’s about making space.

January often comes with pressure: to aim higher, do more, set goals.  
But before we add anything new — there’s a quieter question to ask:

**What am I already carrying?**

If we want to move into the new year with presence and clarity,  
we have to check what’s taking up space — inside.

Not all of it belongs.  
Some of it is outdated: roles, stories, habits, ways of being  
that once served us, but now just sit heavy.

“If I don’t make space, where will the new things land?”  
“What are the old layers I’m finally ready to let go of?”

**Objectives**

• One pattern or weight that no longer serves you

• What it once gave you — and what it now costs

• How to consciously release it with clarity and self-respect

• What support you’ll need when old reflexes return

**Pause** 5 min

We'll do our break today a little differently. I'll play some quiet background music and give you 3 minutes to write. Try to write from your gut without thinking too much.

“What’s in my inner container that feels heavy?”  
Deepening questions while writing:

* “What have I been carrying — not just today, but for a long time?”
* “Is it tied to one area of life — or does it show up everywhere?”
* “How does it manifest in my day-to-day — in thoughts, emotions, behavior?”
* “How does it feel in my body?”

Let the words come without filters. This is just for you.

music….

**Expending**

**Naming the Weight *(****10 min****)***

After writing, some thoughts and feelings have likely started to rise.  
But sometimes, especially when we’ve been carrying something for a long time, the story becomes cloudy, layered, hard to name.

We know there’s a heaviness… but can’t quite put our finger on it.

That’s where our tools come in.  
To help us **cut through the noise**  
We’ll now use the **Speak Up**

You can work with the physical tool you have or with a digital process we prepared for this workshop...

Choose one card facing up that reflects **what you’ve been carrying and maybe holding onto**.  
It might be an emotion, a pattern, a belief, or an old narrative.  
You don’t have to understand it fully. Let your instinct guide you.

**Reflection questions:**  
Photography Observation Guidelines...

**What Did This Give Me? *(*** *30 min****)***

Before we can release anything, we need to honor why it was there.

Every weight we carry, even the painful ones, gave us something.  
But sometimes, it’s hard to see that alone.  
So now, we invite you into a pair sharing with someone who will listen, reflect, and help you find the gold inside the complexity.

You’ll each have around 10 minutes to speak and listen.

**The speaker’s role:**  
Share what you've been carrying through the card you choose:  
• What do I think this gave me in the past?  
• What need or fear might it have been protecting?  
**The listener’s role:**  
Hold gentle space. Don’t try to fix.  
But feel free to ask:  
• “What did this give you that was valuable?”  
• “Is this still true or needed today?”  
• “What might this part of you still be asking for?”

Then switch roles.

**Am I Ready to Let This Go?** *(10 min****)***

We’ve seen what we’ve been carrying.  
We’ve honored what it once gave us.  
Now comes the quiet question:

“Am I ready to release this — not because I *should*, but because I *can*?”

Take a few moments to write:  
• What are you choosing to release today?  
• What’s your honest answer — yes, not yet, or maybe?

Now, choose one more card from Speak Up

Let this card reflect:

**“What might support me in letting go?”**“What quality, perspective, or energy can help me move forward more freely?”

Let the card offer an unexpected anchor.

Sharing time 5 minutes

**focus & Doing** 15 min

When I look at my two cards –

**What is time to release from my life** and **what can support me**?

What insights arise?

We know that in life things tend to come back to us. To react in a new way, I invite us to define a plan of action for ourselves

Write down

• How does this support or encourage the shift I’m ready for?  
• What reminder can I carry into daily life when the old pattern resurfaces?

Write one supportive sentence, declaration, or mantra to carry forward.  
Examples:

“I trust myself without needing to prove anything.”  
“This weight no longer belongs to me.”  
“When this shows up, I’ll pause — and choose differently.”

Now close your eyes for a moment.  
 Imagine this old pattern, belief, or weight gently falling away.  
 What would lightness feel like without it?

* How would you walk through your day differently?
* What would open up — in your thoughts, in your body, in your presence?  
  Envision freedom. Envision space. Let that image settle inside you.

**Closing** 5 min

This is a wonderful opportunity to be inspired by each other. If you have an action or statement that you believe can help not only you, let's conclude this meeting by sharing your decisions.