**September Workshop: Begin Again**

Not every beginning arrives with a plan.  
Sometimes, it’s a whisper — a quiet sense that something new is forming, even if we don’t yet know what it is.

This experiential workshop invites you into that tender space between no longer and not yet. Through guided processes and the power of image, you’ll explore what’s calling to begin in your life — even if it doesn’t yet have shape or direction.

It’s a space to slow down, meet the unknown with courage, and trust the part of you that already knows how to move forward.

🔎 In this session, you will:  
 • Create space to meet the unknown with courage and softness  
 • Let go of needing a clear plan to begin  
 • Strengthen your capacity to stay open in uncertain moments  
 • Connect with what is quietly emerging inside you

💡 This workshop is perfect for transitional moments — personal or professional — when clarity is still unfolding and trust needs space to grow.

Maybe we could work with the digital link of the Flow [Check-Up Layout](https://courses.points-of-you.academy/courses/inner-checkup-process/?_gl=1*1bufn8l*_gcl_au*MTUxOTI5OTAwNy4xNzQ4ODcwODA4*_ga*NjQ5MjMwMTAyLjE3MDM4NjYzMzY.*_ga_WRGJ7TEBE1*czE3NTA0MTYwNjUkbzQ2NSRnMSR0MTc1MDQxNjA3NyRqNDgkbDAkaDA.) and just change the questions to:

1. What happens to me when I don't have a clear goal?

2. What might happen if I begin moving?

3. What is open for me right now?

**Starting Without a Plan – What if I don’t know what I’m beginning yet**

**Opening |** 10 minutes **rina**

**Self-introduction and intro to Points of You®**

Sometimes, we *do* know. We have a clear desire. It has a shape and form.  
There’s something we want to change, create, move – in our career, in a relationship, in a new project or simply in life.

And sometimes, there’s just a feeling.  
Subtle, unclear, blurry.  
Something inside whispers that something new is beginning,  
but we don’t have the words, the plan, or a clear sense of where it’s going.

We’re no longer in the same place we used to be,  
but we don’t fully know what is beginning yet.

**Workshop objectives**

1. Create a safe space to meet the unknown with courage and softness.
2. Release the need to know in advance and allow ourselves to begin even without a fixed plan.  
   Develop flexibility, inner trust, and patience with open processes.
3. Connect to what already exists within us – even if it’s still unformed.

**Sensitivity and respect**…

Throughout the process we will have independent work, but also sharing in pairs to broaden perspectives. This is our invitation to you to trust the process and who and what we will encounter today.

**Pause |** 10 minutes **Marek**

Before we dive into all these questions, let’s begin with a pause.  
We’ll share a short explanation about the power of pausing, and how it connects to our theme today.

We can’t truly begin something new without stopping to notice where we are and where we want to go.

During the musical piece, we invite you to simply turn inward, breathe, and check in with yourself.  
No roles, no tasks. Just awareness.

1. <https://open.spotify.com/track/2msD2PCKztRZ18CM2B3OHQ?si=509f44e7bb184512> Cavalo marinho

[Rainer Scheurenbrand](https://genius.com/artists/Rainer-scheurenbrand) 3.42 min

1. <https://open.spotify.com/track/2VwJFuFICTNJ3dl8yedVvZ?si=6851f6a734a84f58> Plumajera ayala shefer 5 min

**Expansion**

**Where am I now? Marek**Before we begin something, it’s worth checking: Where am I coming from? What is present for me right now?  
Is something inside already asking for movement, even if it doesn’t have a name yet?

*Personal writing (3 min):*  
What's been going on in me lately? What occupies me?

Not from a place of heaviness, but from a place of curiosity – where do I sense a longing for change or renewal?

**Beginning without a plan**Not every beginning needs direction, goal, or a clear next step.  
Sometimes a beginning is just the *willingness* to move, even without knowing where to.  
But do I *feel* this, or only understand it intellectually?

I invite you to choose a card from any deck (Flow is recommended).

* Quiet observation of the card (3 min)
* *Personal writing (2 min):* What does this card show me about **what happens inside me when I don’t have a plan or goal?**

Pair sharing (10 min)

Group sharing | 10 min

* What did I discover about myself when there was no clear goal?
* Am I perhaps blossoming without noticing?
* Do I feel stuck?
* How do I deal with it? Do I push for clarity or avoid it altogether?

**What might happen if I start something without knowing what it is? Rina**

Revisit what you wrote.  
Reflect on your daily life: Are there signs of internal readiness for change?  
Is there a part of my life that’s calling for movement, even if I don’t know what it should look like?

I want to share with you a quote from Alice in Wonderland:  
"Would you tell me, please, which way I ought to go from here?" asked Alice.  
"That depends a good deal on where you want to get to," said the Cat.  
"I don't much care where —" said Alice.  
"Then it doesn't matter which way you go," said the Cat.  
"So long as I get *somewhere*," Alice added.  
"Oh, you're sure to do that," said the Cat, "if only you walk long enough."

Maybe that’s true for us too.

Maybe we just need to start walking.

You are invited to randomly select card number 2 and let's look at it.

How does it answer the question-  **What might happen if I begin moving even without knowing where?**

**Sharing in a group** 5 minutes

So far we explored what it feels like to not have a goal,  
and what might open up if we allow ourselves to begin anyway.

The goal today isn’t to set a detailed plan or clear objectives.  
It’s simply to pause, notice what wants to renew, and stay gently attuned to the subtle movement within.

Choose one last card at random.  
*Personal reflection (3 min):* If everything is open and possible, what does this card show me about **what is open for me right now?**

Sharing in pairs (10 min):  
Speak it aloud. Let your partner reflect and help you notice what else might be possible.

**Focus** | 10 min Marek  
A new beginning or movement can be a state of mind, not just an action.  
To begin doesn’t necessarily mean doing – it can simply mean tuning in to what is already shifting inside.

Let’s revisit everything we touched today:

* What insights are emerging?
* What inner shift is taking place?

*Open group sharing.*

**Final words | A seed has been planted** 10 min  
This workshop is not meant to bring complete clarity,  
but to prepare a soft ground for inner listening.

What came up for me in this session?  
What do I take with me moving forward?