

WORKSHOP
@ 3pm today
sobriety
&
family together
Surrender
Faith in
myself
Love
A healthy
baby!Job

the
Soul Path Artist

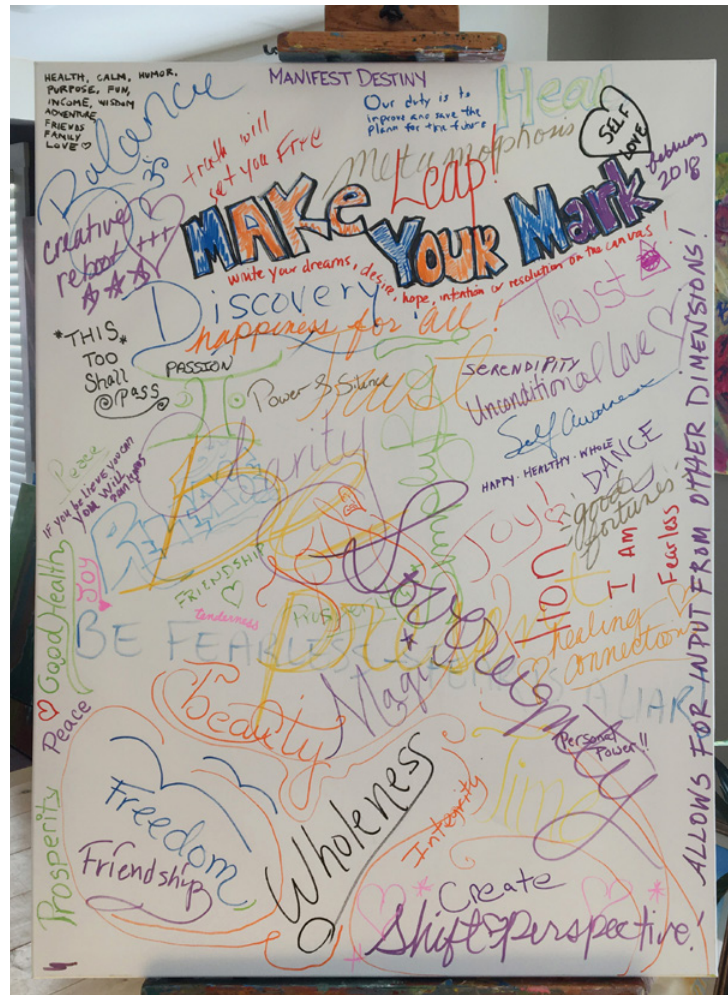
WRITE Your dreams, desires
your future right here, right now
Fulfillment
travel in
soul
tolerance
abundant
sounds
What does
2018 hold for you
Known for? What do you
want to be, have, feel exper
Abundance & romantic love
This canvas. Make the commitment

MAKE YOUR
MARK

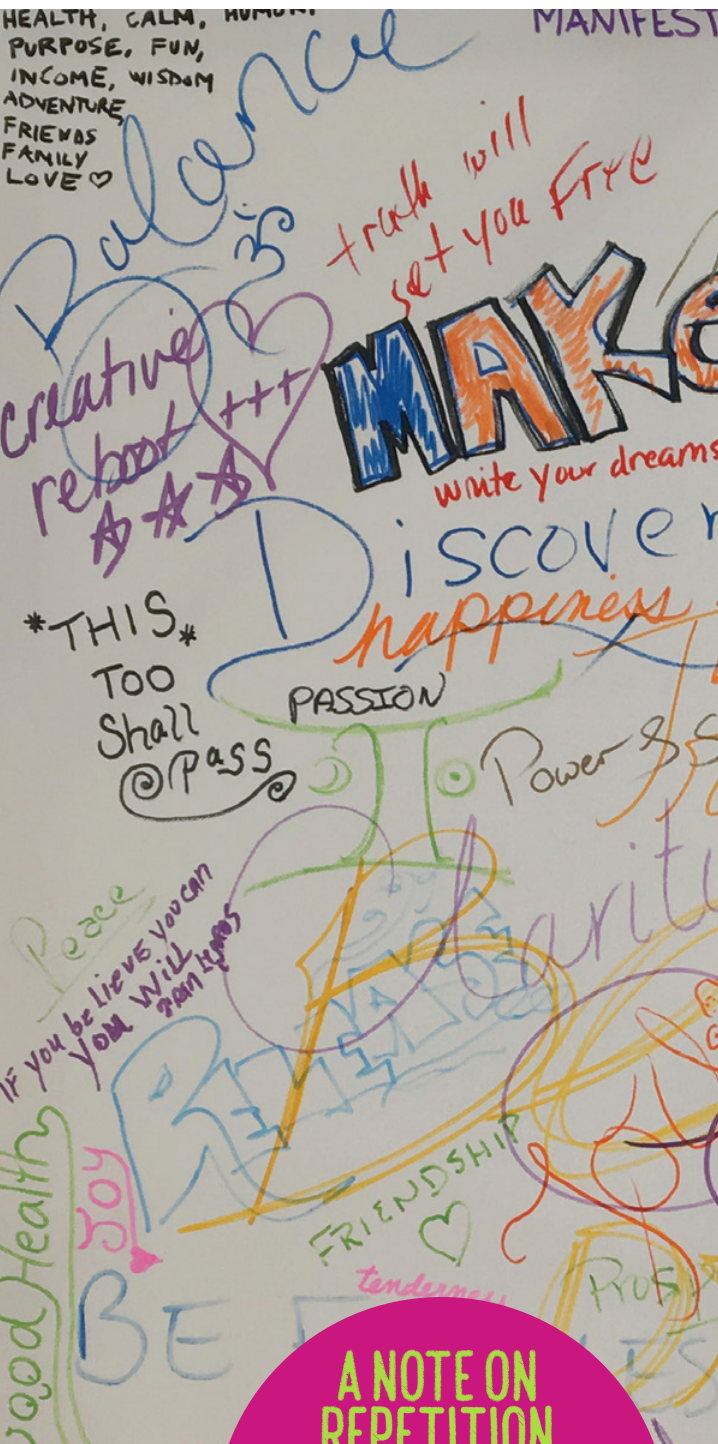
February 2018

Health
Self Love
Sobriety
family
together
The answer lies
within
I want
hope
happy
Developing my gift
fluidity
I want
a baby
Relax
Powerment
LOVE
and
COMPASSION
What is better than Love
MPowerment
Live for
Hawaii
bath
healthy
2018
Unity
we are one
Positivity
in the
I want
a baby
Relax

What do you want to be known for? What do you want to be, have, feel, experience? Write your dreams, desires, hopes, or intentions on this canvas. Invite it into your life!



This was the invitation I extended to people at workshops and events in January 2018. The invitation was met by some with bold enthusiasm, but most had to pause...what DID they really want? I love that this project provides a space for that contemplation to happen...a reason to pause and reflect. The following pages list everything written on this canvas. It may inspire you! And I hope it gives you the space to contemplate for yourself, what YOU really want in your life. Because we are the artists of our lives!



A NOTE ON REPETITION

Yes, there are repeats.
No, this is not an error.
My goal was to accurately
represent everything
written on the
canvas.

Health, calm, humor, purpose, fun, income, wisdom, adventure, friends, family, love

Balance

Manifest destiny

Our duty is to improve and save the planet for the future

Heal

Self Love

Creative reboot +++

Truth will set you free

Metamorphosis

Leap!

This too shall pass

Discovery

Happiness for all

Trust

Passion

Release

Clarity

Power & Silence

Serendipity

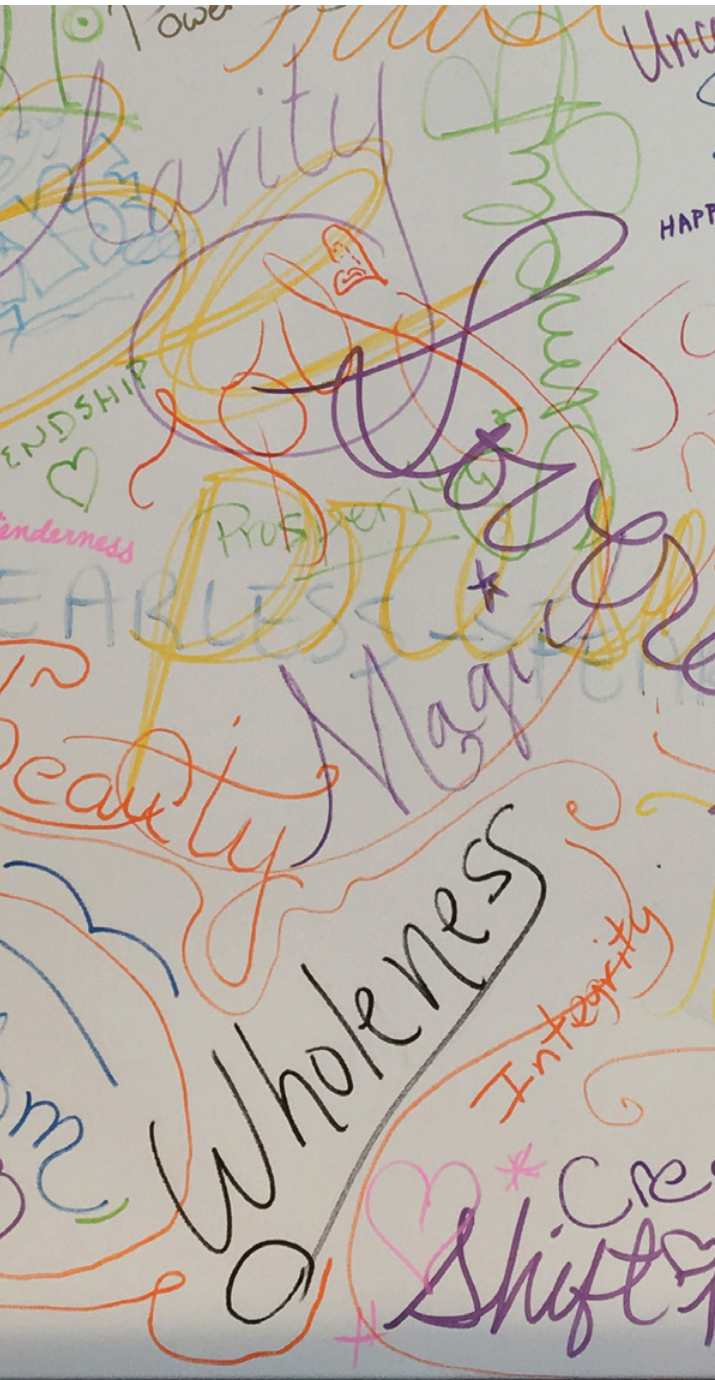
Unconditional love

Self awareness

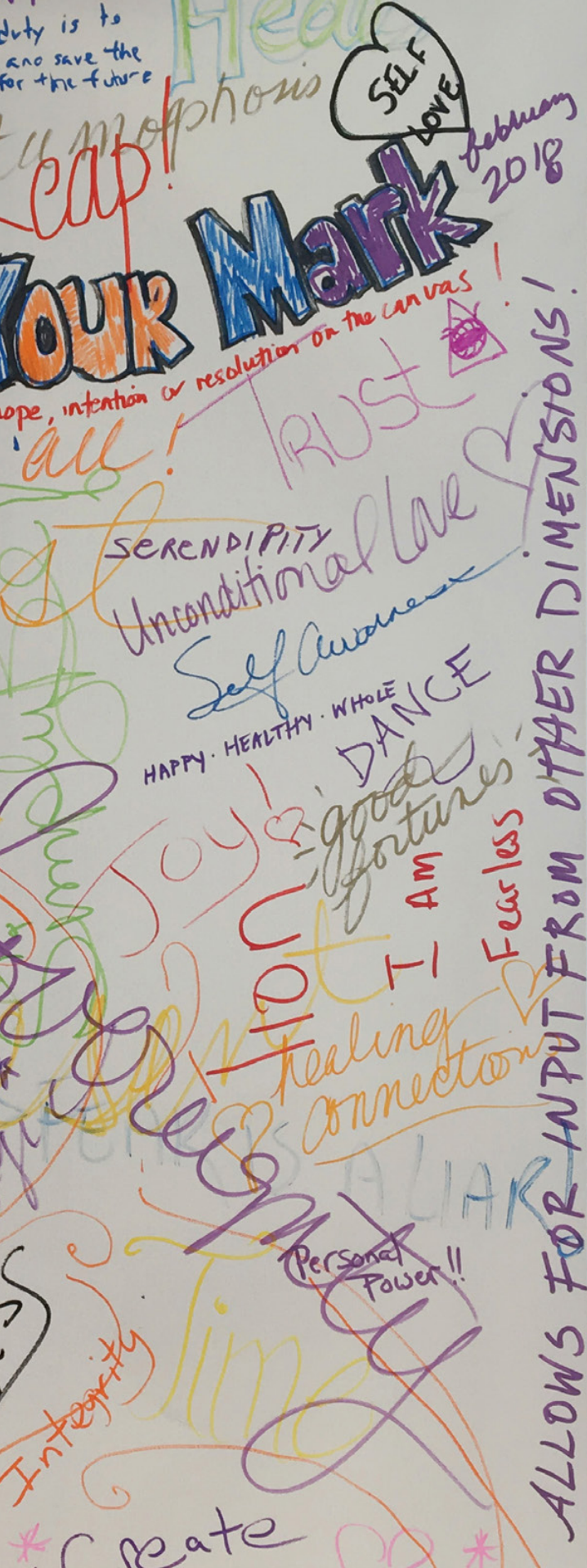
Peace

Clarity

If you believe you can you will



Happy • Healthy • Whole
Dance
Joy!
Good fortunes
Simply Be
Lion, I am fearless
Sovereignty
Be present
Joy
Friendship
Tenderness
Joy
Be fearless—fear is a liar
Good health
Healing connection
Prosperity
Magic
Wholeness
Integrity
Freedom
Friendship
Prosperity
Peace
Beauty
Shift perspective



Wholeness

Create

Personal power

Allows for input from other dimensions

Time

Now it is your turn...take a moment, breathe slowly and deeply. With your first breath let go of anything that is weighing on your mind. It will be there when you are done. Second breath, be present in your body. Where are you tense? Breathe into that area and breathe away the tension. Third breath, release expectation, the need to know, to get this right, to be perfect. Fourth breath, ask out loud, what do I want to create in my life?...and listen. What feelings arise, what thoughts, memories, ideas... Do not dismiss or judge. Observe and allow.

This life is yours to create. Take time to dwell upon what you are creating.

XOXOXOXOXO — Larissa

Soul Path Artist, Certified Creatively Fit Coach

