



# Significant women are women of strength and grace.



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## Introduction to the workshop and week one

*Welcome to Creating Your Optimal Life: Emotional Mapping for Women.*

Every great athlete has a coach to help him or her perform their best why not you. Consider *Creating Your Optimal Life: Emotional Mapping for Women* as your four week coaching workshop. This workshop was created for women just like you, who feel they are on the verge of great things but just need a guide to help them get there. I have created this workshop so that it can be taken either On-line individually, or "off-line" as a group experience. However you may wish to do this workshop I will be your guide as together we explore how you feel called to create the life you wish. Now let's look at each week.

During our first week we will be looking at who we truly are. Before we can truly change anything we need to know who we were, who we are and who we want to be. We will be taking a fun personality test. This test examines the nine distinct personality types and shows how these types react when under stress and when flourishing. We will also be drawing our personal road map. This may have been something you did at school or with the Girl Scouts. We start from the date of birth and plot out each major event. From this map we can see where we have gone, where we are now, and what patterns might be showing themselves. We will be using mapping again as we look into goal setting and reactions.

With some self knowledge to guide us we are on our way to learn how we might be letting our emotions use us, when we should be using our emotions. Week two is not about learning to shut emotions down, or to stifle them; it's all about the power of each emotion and how it has a role in helping us grow stronger and more confident. Many of us are battling issues of fear, or control, we feel trapped in an emotional straitjacket.

During week two we will learn more about emotions and how they truly are for our use. Mapping again helps us to visualize our reactions.

Week three begins with a look at how we communicate. We bring together what we have learned so far and look at how the different personality types communicate. We learn about how logical and emotional personalities communicate.

Finally week four brings us full circle. We look back to see how far we have come and we look forward to goal setting and mapping strategies that we can use to keep us from feeling overwhelmed and out of control. We learn that control is like salt, too much and it's a bad thing, too little and things are tasteless.

Each week of the workshop you will receive that week's newsletter covering a specific aspect of the spirituality of motherhood and containing worksheets with exercise questions to ponder, all the material and resources for the specific topic being covered, up-lifting and encouraging things to read, and websites of interest to explore.

Finally visit the website [miraclesalwayshappen.com](http://miraclesalwayshappen.com). While you are there you can download the *Creating Your Optimal Life: Emotional Mapping for Women* mediations for days when you need a break, or need to reconnect with your innermost self. Consider subscribing to the pod cast *Chocolate for the Comfort of the Soul*, or becoming a member. I hope you will visit: [miraclesalwayshappen.com](http://miraclesalwayshappen.com) to learn all that spiritual direction can do for you. I think you will be amazed at all we have to offer you.

Until we met again: May God hold you in the palm of His hand.

--- *Wilson Perkowski*

Significant women

The newsletter of Miracles Happen

[www.miraclesalwayshappen.com](http://www.miraclesalwayshappen.com)