

## Tend Your Flame!

A Four-Week Program to Reconnect with Yourself & Grow

I've created a gentle four-week program to reconnect with what is most important to you and to let go of what is no longer serving you. If you're overwhelmed, overworked, feeling stuck, or have holiday letdown and a case of the winter blahs, this is for you!

### Program Commitment

3 days per week for 4 weeks, for at least 5 minutes per day.



### Supplies

- 1 long burning candle. Pick your favorite scent
- Matches
- 1 notebook (that one you started using 2 years ago for 2 weeks – that one is perfect!)
- Your favorite pens and pencils. +250 bonus points for colored pens/pencils
- A phone with a camera and texting
- An electronic device that will connect you to the internet (see phone above)
- A sense of playfulness
- A willingness to give yourself at least 5 minutes to do this work 3 days a week for 4 weeks

The content of the program starts on the next page. Enjoy!

**Disclaimer.** I am certified coach with a Master's Degree in Comparative Religion. This program is for coaching purposes only, and not designed as a treatment for mental health disorders. If you are under the care of a mental health care provider I recommend you have them review it before beginning the practice.

## Tend Your Flame: The Practice

### Week 1: You Are Enough

“When you let go of trying to get more of what you don’t really need, which is what we’re all trying to get more of, it frees up immense energy to make a difference with what you have.” Lynn Twist

**Gather for the week:** candle & matches, notebook, pens/pencils, phone

- **Day 1:** When you are alone, and can give yourself the gift of at least five minutes, light your candle. Take a moment to read the following bullets and then make your way through them.
  - Notice the flame. See how it adjusts to the air. Is it smoking a bit? Can you feel the warmth? Look more closely and notice the different colors of the flame.
  - Close your eyes if it is comfortable, and visualize that you have your own internal flame. Notice what comes up. What color is it? What size is it? How does it feel?
  - Ask yourself what you need that you already have to make sure you keep your flame tended. If you encounter resistance, call it resistance and continue. You know the answer to this question. Make note of what you learn.
- **Day 2:** Notice what parts of your daily life tend your inner flame today. Take pictures. Text a few to yourself with a note of encouragement about what you already have in your life.
- **Day 3:** When you are alone, and can give yourself the gift of at least five minutes, light your candle. Write a silly or serious poem about what tends your flame. You won’t ever have to show it to anyone.

### Bonus Activity

- *Soul of Money* author and philanthropist Lynn Twist & Oprah on the sufficiency of what you have (2:11 mins) <https://www.youtube.com/watch?v=2Z7nlnnKNE>

### Week 2: Give Yourself the Gift of Rest

“Most of the things we need to be most fully alive never come in busyness. They grow in rest.” Mark Buchanan

**Gather for the week:** candle & matches, phone

- **Day 1:** When you are alone, and can give yourself the gift of at least five minutes, light your candle. Do nothing but sit and breathe for at least two minutes. Here’s a link to a website with a two-minute timer and meditative sounds. <http://www.donothingfor2minutes.com/> Allow yourself to linger in your restful state for longer if you are so inclined. Gently smile.
- **Day 2:** Practice good sleep hygiene. At the very least don’t use your electronics in your bedroom tonight. Read more on good sleep hygiene from the Division of Sleep Medicine at Harvard (before you go into your bedroom): <http://healthysleep.med.harvard.edu/healthy/getting/overcoming/tips>
- **Day 3:** Do nothing for 2 minutes in the middle of your work day, if possible. If not, do it at home again. <http://www.donothingfor2minutes.com/>.

### Bonus Activities

- Practice good sleep hygiene as many nights as you can this week.
- Draw a picture of what it felt like to give yourself the gift of intentional rest. Think about how rest helps you tend your inner flame.
- If you have trouble with sleep, consider talking to your doctor about it. Sleep is essential to your wellbeing. <https://www.apa.org/topics/sleep/why.aspx>

### Week 3: Hope

**Thought:** "It's not the load that breaks you down, it's the way you carry it." Lena Horne

**Gather for the week:** candle & matches, notebook, pens/pencils, phone

- **Day 1:** When you are alone, light your candle and give yourself the gift of five minutes, or more.
  - Find that poem you wrote about what tends your flame. Re-read it. Keep that support in your mind.
  - Meditate on how you would like to grow in your life and what tiny step you can take to start (the smaller the action, the better, i.e., take the stairs at work). You are going to support this growth with the foundation of your inner flame. You know the answer to this.
  - Write down your ideas.
- **Day 2:** Take a few photos of things in your daily life that remind you to be hopeful. Send them to yourself.
- **Day 3:** Try one of the small changes. How did it go? Write or draw about it in your notebook.



### Week 4: Courage

**Gather for the week:** candle & matches, notebook, pens/pencils, phone

**Thought:** "And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom." Anais Nin

- **Day 1:** When you are alone, give yourself the gift of at least five minutes and light your candle. Read through the bullets and then make your way through them.
  - Gaze into the flame for a minute or so.
  - Close your eyes and put your focus on your heart.
  - Give yourself permission to grow gently and at the pace that is right for you.
- **Day 2:** Try another of the tiny growth ideas you came up with last week that takes a little more courage than the others. (Courage: the ability to do something that frightens one; bravery. *Oxford Dictionary*)
- **Day 3:** Light that candle again. Read through the bullets and then make your way through them.
  - Close your eyes, if comfortable
  - Put your focus on your heart and your inner flame
  - Thank yourself for having the courage and commitment to show up to this practice for a month.
  - Remind yourself that you now know how to support your inner flame and take action that leads to the growth you seek.
  - Open your eyes and write down what practices you would like to continue in your life, and what you would like to continue to grow.



Thank you!

I hope this work has been enjoyable and valuable. I loved putting it together. If you would like to continue the work of creating fulfilling changed that is informed by a deep connection to yourself, I'd love to work with you. I'm dedicated to supporting moms\* to lead lives that are guided by a deep connection to what matters most them and purposeful growth. Please drop me a line at [kay@kaysterner.com](mailto:kay@kaysterner.com) or visit my website at [kaysterner.com](http://kaysterner.com)

\* My programs are designed for moms and work for everybody.