

FALL 2020

MODULE TWO

CLEAN YOUR WAY TO CLARITY

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Face Your Inner Critic-

Go as deep as is emotionally safe for you to expose the lies and faults program that feed your “Inner Critic.” You know the voice that doubts you, makes excuses, finds fault, rationalizes quitting and says terrible things that paralyze you or has you saying things you regret.

Your first and top priority as a Lutopia Light-Worker is to manage your self-care and well being.

Travel Back in Time to Reclaim Safety

Contemplations

Who are your three enemies who criticized you or disrupted you with crazymaking?

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What adjustments, sacrifices, or resentments came because of the criticism or crazymaking?

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Moon Ritual: Clean your way to Clarity!

October, Full Moon Clearing Contemplation

What areas of your life currently hold physical monetary clutter (garage, bathroom, closets, laundry room, kitchen, car, shed, home, or office)?

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What areas of your life currently hold mental and emotional clutter (self-worth, value around currency, relationships) that you can clean out during this Moon cycle, review bank statements to see what monthly bills can be eliminated or altered?

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What are you willing to "let go" to make room for something new in your life?

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What relationships could use some 'cleaning up' or 'letting go' to support your desired growth? Consider your relationship with family members, friends, co-workers, and such. This purging can include setting boundaries or allocating how you use your time or implementing reciprocity?

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Create a few affirmations to replace the inner critic voice within you?

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What are you grateful for that has transpired in the last thirty days?

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This Hunters Moon reminds us to make time for hunting and laying in a store of provisions for the long months ahead. This Aries full Moon asks of us to fire up our leadership skills- What leadership aspirations do you want to add to your goal setting tasks for the remainder of this program?

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Moon & Sun Alchemy

Remembering the significance of the Moon, Sun, planets, and stars as teachers are embedded in history through our Farmers, Priests, Priestess, Shamans, Astrologists, Scientists, Mystics, Wiccans, and Religion as a whole.

In phase one of our Light-Workers training, we honor and work with the Moon and the Sun. Allow the divine masculine Sun and feminine energy Moon within you to enhance the work. Allow the work to be the alchemy that transforms YOU.

Our visions become a reality as a result of four core components (ACTS):

1. **Action:** Consistently take the next steps to move in that direction while being malleable.
2. **Clarity:** Get clear on what you want, what you are willing to give up, where you want to go and how you'll know when you're there.
3. **Tools:** Identify the resources and tools you'll need.
4. **Self-Care:** Create self-care practices that support your health, wellbeing, longevity and decrease burnout.

Sounds simple enough, doesn't it? But it's not always easy in practice. Having clear priorities means you know what's most important to you in any given day, month, or year – and you have – or you learn – the tools, commitment and focus to make your dreams a reality.

GIVE IT A GO!

This exercise aims to get everything out of your head and onto paper so that you can stop thinking about it and begin to organize the computer of your minds data. Then you can take it to ACTION, where the rubber hits the roads!

Clear the Clutter around you.

List out all of your current spaces in your home, car and office. Now walk around your space and jot down a list of areas that could use some decluttering. The goal is to minimize your life with only the items you use and need. De-cluttered spaces leads to a cluttered mind. IDENTIFY!

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Clear Your Mental and Emotional Clutter.

List out all of your current projects, goals and to-dos. Jot down anything that comes to mind whether it's a project you're actively working on, something that's been lingering on your to-do list or just something in the back of your mind that needs attention and isn't done yet. If you resolved "this" it would bring relief as your brain lets it go. What is "this" unresolved mental or emotional attachment you are ready to face? The Four Agreements is a good tool to support decluttering your communication. IDENTIFY!

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Categorize.

Now it's time to categorize. You might include categories such as "Business" "relationships" "Home" "Health" "Social" "Spiritual" and/or "Play." You can do this by circling each item you wrote previously in a color that corresponds to a specific category. Write each color/category on a separate pieces of paper and organize them. This organization can help you create a sense of order.

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Identify Your Priorities.

Now you can get *Clarity* on your top priorities. Start by ranking your to-do lists in Step 2 from most important to least important. What are your "Musts" – things you've committed to doing or that drive your business's most revenue, for example? What are your "Wants" – things you want to do but aren't committed to? Finally, which projects or tasks are really "Ideas" that can be filed or stored for later in a "Parking Lot" or "Someday/ Maybe" or "Dream Box" file? This last category is also where you begin to identify the not-to-do list.

1. Musts/Keep

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2. Wants

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3. Ideas (Someday/Maybe)

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4. Donate (Gift it to new life)

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5. Trash (ready to let go and NOT-To-Do list)

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Bonus: Time Robbers

What keeps you from taking care of yourself and prioritizing your needs/goals (people, environment, responsibilities, clutter, memory, or health...)

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Can you ask for help? Who has the skillset or empathy to support your goals? Accountability buddy?

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What can you STOP doing?

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What boundaries can you set?

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What time limits can you set for these tasks? Will scheduled breaks support you staying on task?

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Full Moon Contemplation

