



Celebrate the Story of Your Business

**What stories of freedom, possibility, magic and liberation live in the world of your business?
What experiences, accomplishments and milestones line the winding road that is the
history of your business?**

Draw a timeline of your business, from its inception to now. Mark each of these events/stories/
thresholds and name them, on your timeline. No occasion is too small to celebrate. Draw images
or symbols, or add photos of these stories, if you wish. Make a video, or a playlist to accompany
your exploration. Create a story of triumph and celebration.

What essence or soul qualities gave birth to your business, and contribute to its present incarnation? If you aren't sure what these are, look to your deepest, truest desires, which always express soul qualities.

On your business's timeline, mark those events, experiences and turning points when your vision and determination, your foresight, courage, perseverance and grit, your wise choices, your willingness to take risks, your heart and generosity opened up the world of your business.

Take some time to remember and appreciate, embrace and celebrate each of these essential qualities. Celebrate the You who embodies them now and has done the work to plant them firmly in the world of your business.

What past dreams, projections, or fixed ideas about your business, yourself or the world are you ready to release? Which fantasies would horrify you if they were to be fulfilled today? Which ones no longer hold any real juice or vitality for you?

Mark these on the timeline of your business too, in the order in which they occurred. Thank them, and bless your past selves, who created and nurtured these stories. Then, release them with love, and erase them from your timeline.

When you are finished with this exploration, bow deeply to the life of your business. Give thanks for the blessing of your relationship with it, and for the ways in which its unfolding story renews and replenishes the world's story, and the story of your own life. Then, go do something that makes you feel as happy as a two-year-old with a favourite ice cream cone at the beach on a perfect summer's day!