



## Inner Fortune Quest

### Format

- 9 Monthly facilitated gatherings with your closest friends in the comfort of your home (or rotating through your friends' homes), potluck/wine/tea, etc.
- The Inner Fortune notebook (included) is the tool used during each gathering, along with regular handouts
- You will have the option to partner up monthly in support and encouragement of each other's efforts – making commitments to one another strengthens the process

### Content

- We begin with an appraisal of what we are most grateful for in our lives and what helps us sustain an optimistic state of mind, along with goal setting in each of the eight areas of life in the Inner Fortune journal. This grows throughout the program and becomes a reference source for goal-setting and achievement through self- and partner support
- Archetypal stories will be referenced and incorporated into "dinner talks"
- Over the 8 month cycles, we will discuss social paradigms such as power, masculinity, femininity, communication styles, intimacy, and intuitive wisdom, then explore personal growth in these 8 areas of life: friendships, livelihood, dreaming, our physical body, family, our thought patterns, adventuring, and inspiration

### Cost

- \$50 per person per gathering. Minimum of 8 people for the program (or slightly higher per person investment).

*Tell me, what is it you plan to do  
with your one wild and precious life?*

-- Mary Oliver, from the poem "Summer Day"

# Inner Fortune Quest

## Monthly Program Outline

Each section of the Inner Fortune journal will be covered in depth in the month it is featured, however, the ideal process is to use one page from all 8 sections each month. The focus is on quality of content not quantity. This tool is also used in an 8-week intensive format and could even be filled up in 8 days of deep, transformational work.

Month	Featured Section	Tools*
One	Overview	Find Your Fearlessness, Action Planning
Two	Adventure	Journaling Starters, My 5-10 Monthly Insights, Journaling Partner Form (each month)
Three	Thought	Negative Energy Resolution Form, List of Emotions, Clearing the Fog, using our WITS
Four	Social	Journaling Exercises, Eight Realms of Relationships, IF Map
Five	Dream	Top 25 Dream Symbols, Problem Solving and Dreaming
Six	Livelihood	the Feminine Business Model, Top 75 all time Books by/for Women
Seven	Body	Guided Meditation/Yoga, Reflexology, Marma Points
Eight	Family	Trend Analysis, Relationship Basics
Nine	Inspiration	Meaning of 108, Sharing of our Collective Inspirations

Women have a need to connect to other women in circles. Gathering together to remind each other that we are not alone, that we have a vast sisterhood of support, and that we are all-powerful beyond measure is a primary reason for the Inner Fortune Quest. The secondary reason is a study of power, an exploration of the balance of masculine and feminine energy in ourselves and in our lives, and a developing conviction to speak our truths—even if our voice shakes, and act on our own behalf—even if it pisses a few people off.

\* List of tools subject to change