

MY AVATAR'S PROBLEMS AND SOLUTIONS

WHO MIGHT YOUR POSSIBLE AVATARS BE?	WHAT'S A BIG PROBLEM THAT THEY HAVE?	WHAT ARE SOME FEELINGS AND EMOTIONS AROUND THAT BIG PROBLEM?	WHAT SOLUTION DO THEY WANT? WHAT ARE THEY LONGING FOR?	IS THIS A PROBLEM I SOLVE? DO I HAVE OR CAN I CREATE A TRANSFORMATIONAL PROCESS FOR THIS PROBLEM?
<p>Example: Corporate women changing careers</p>	<p>They don't know what they want to do next and are afraid to leave the safety and security of their corporate job.</p>	<p>They are burned out on their current job. They may have golden handcuffs which prevents them from easily leaving.</p>	<p>They want their souls to sing. They want to feel alive and inspired. They want to do something that has meaning.</p>	
<p>Example: Mothers with a baby under 1 year old</p>	<p>Their identity has shifted, and they don't know who they are anymore. They feel tired and depleted. They don't know if they'll make it through.</p>	<p>They have mixed emotions and some of them may be scary for them. The nourishment and attention are going to the baby, and they feel left out.</p>	<p>They long to be taken care of and have time to themselves.</p>	

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