



Rachel Cargle presents:

ASCEND

A WRITING WORKSHOP TO UNCOVER OUR
HIGHEST VALUES

Hello

Welcome to Ascend. We are just a few weeks past bringing in the new year. In the bustle of resolutions, tradition and the sometimes overwhelming expectation of the season I was feeling a deep need in the pit of my own stomach to show up in a new way. First, for myself and then for the those who share in community with me.

It was just a few years ago that I discovered the concept of heights values. It was something different than the typical rhetoric of goals or vision boarding. Highest values pushed me to consider more than what I wanted 'do' but instead asked who do I want to *be* and how do I want to *live*?

This workshop is here to guide you in the same ways. To assist you in uncovering and implementing the highest values that have always been a part of your internal fabric but will now be a highlight of your external existence. Im so glad you're here.

*Big love,
Rachel Cargle*





WHAT WE'RE HERE FOR

My goal in offering ASCEND isn't solutions but instead I'm seeking to guide you into building a roadmap. A roadmap that you can follow within this workshop and beyond. A roadmap that leads you directly to what matters most: your highest values.

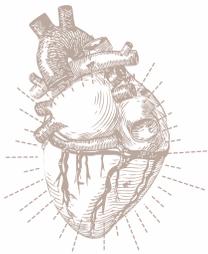
You decided to be a part of this because you, too, value the possibility of having clarity in how you lead this life.

Together we will pull back the veil of expectation and circumvent an 'auto pilot' existence so that our everyday living is an honest and trusted investment into the vision we have for our life as a whole.



OUR TIME TOGETHER

Digging into the good stuff: our true values, our hidden constructs, our dreams and fantasies -- it can be equal parts exhilarating and unnerving. I ask that you come into this workshop with the following:



An OPEN HEART: with this type of inward inspection we often run up against walls that we've built up in order to survive the world and its harshness. This is normal. I ask for you to meditate in the days leading up to our time together. That you put out into universe your intent to expand your hearts parameters

An AIRE OF OPTIMISM: As we push ourselves to imagine the very best of what could be, there is the chance that things like doubt, self consciousness and self sabotage come into play. I ask for you to meditate this week on only offering room for optimism and grand expectation to fill your heart and mind on this joutney to your highest values.



A GENTLESNESS with yourself: This workshop is not a competition, it is not a race, it is not an evaluation, it is not a test. It is a practice of self love and self care. I ask that you breath deeply in the days leading up to our time together and you affirm yourself with this phrase as often as you'd like: I AM ENOUGH AND EVERYTHING I NEED IS ALREADY WITHIN ME



SEE YOU THERE

This is a virtual workshop. We will all be logging into the workshop room together from the comfort of our own spaces. *A few days before the workshop you will receive all of the details for logging in.*

The start time is 1p eastern standard time. Grab a cup of tea and have a notebook on hand. We will give everyone time to get logged in and settled then we will dive right in to the good stuff.

It's ideal that you be in a quiet and calm space where you can be reflective, as each aspect of our session includes a writing prompt, a short reading or video to reflect on and at times we will be engaging in conversation.

Please remember that with your registration comes a copy of the recording as well as an exclusive post-event packet that will include all resources and supplemental materials that come out of our time together.

See you there!