



Thrive in 2023
Discover your Path
WORKBOOK

Celia Barsby and Lauri Ingram

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*This is a day I have never
lived before.*

*I will rejoice in every
moment for I know I shall
never live it again.*

Louise Hay



Celia Barsby

Author | Speaker | Trainer | Mentor
Transformational Coach

Introducing Celia

Celia Barsby is a Creative Visionary and now your personal Cosmic Soul Guide. Celia has been a maker, creator and teacher since the age of 7.

Celia creates a safe space for women seeking inner joy and connection to their own wisdom. So you can find your passion for living in creative flow with the Universe and recalibrate your life so that it becomes vibrant and magical, full of self-discovery and purpose.

Discover what lights you up and see what is possible for you.

You will receive your Soul Resources on your journey. Your Soul Structures will be revealed to you in powerful and fun, creative ways through various transformational tools, enabling you to reclaim your soul's purpose so you can flourish and grow.

Come weave with Celia at your Soul's Garden Party. Step through the rickety gate of your Creative Heart Space and open your pathways into your Soul's Magical Garden.



Lauri Ingram

Spiritual Transformational Coach

Introducing Lauri

Lauri Ingram is a seeker of truth, motivated by her curiosity and desire to lead others on their own journeys of self-discovery.

She understands that we all long to lead a fulfilled life, and that it is in the journey that we find fulfillment as we discover our personal truths. As a trained mindfulness advocate in the workplace, Lauri discovered the vast benefits mindfulness has on easing anxiety by changing our relationship to emotions and thoughts. This discovery led her to become trained in other avenues of alternative and complementary healing, so that she could move beyond her corporate IT experience, to offer more sophisticated healing to others looking to explore who they are in a more spiritual sense.

In addition to being a Cosmic Smashbooking Guide, she is certified as an Etheric Crystal Light Practitioner, Color Therapist, Usui Reiki Levels I and II, and as an Advanced Crystal Dreaming Practitioner, an advanced shamanic modality that provides a profound opportunity to heal wounds and traumas, explore lives and lessons, ultimately connects clients to their highest selves and to those beings that guide us.

She was ordained as an Interfaith/Interspiritual Minister in June 2019 from One Spirit Seminary, and also completed certification as an Interspiritual Counselor in June 2021.



Welcome
to
Thrive in 2023
Discover Your Path

A multisensory experience using transformational tools to Discover your Path for 2023, through reflection, journaling, and creativity.



How to use this Workbook

Every journey of exploration and adventure needs a logbook; this is your logbook for your Thrive in 2023 Adventure.

Each Magical Key that we will share opens up your awareness and enables you to reflect on and explore your path.

You may decide to print this workbook beforehand or use it after the event to take a deeper dive with the journal prompts and to integrate the crystal energy.

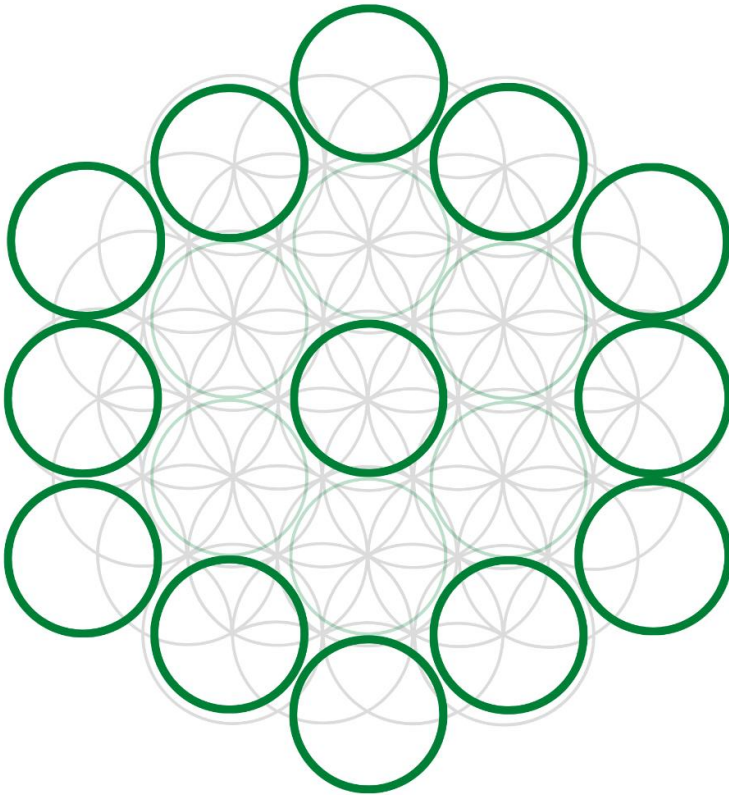


Your Map

We will be using this Sacred Geometry grid as the container for the medicine in this workshop experience.

You will be guided to create your own grid which is our suggestion – you don't need anything other than a pen or marker!

You may of course use this one if you prefer. If so, please print THIS page before the workshop.



Start of the Journey

Time to do some Magical Journaling

Where are you now on your journey?

Where would you like to be?

Are you ready to give yourself permission to go there?

What is your intention for the next stage of your journey?

Your Crystal Energy for Key 1





Create an affirmation or use this one.

*I give myself
permission to take
action; to do the things
that are good for my
soul.*

Speaking your Truth

Time to do some Magical Journaling

What stops you from speaking your truth?

What does that feel like to you?

What was your childhood experience of communication?

Your Crystal Energy for Key 2



Copy this throat chakra symbol into your journal or cut this one out and paste it in.

Visualise the energy of the crystal enabling you to speak your truth.



Connect with your Spirituality

Time to do some Magical Journaling

Where do you feel at home spiritually?

How do you connect with Divine/God/Source?

Your Crystal Energy for Key 3



Find Your Magic Within

Time to do some Magical Journaling

What are you good at? What feels naturally easy for you?

How do you feel about opening up your treasure chest to discover your wisdom and magic?

What do you need to be able to unlock your treasure chest?

What would you like to find hidden inside?

Your Crystal Energy for Key 4





Imagine your magical treasure as a precious crystal.

What message does it have for you?

Going through the Mill

Time to do some Magical Journaling

Remember a time when you felt like you have “been through the mill”. What did you learn about yourself through this experience?

How do you respond to the pressures of life?

What are you creating that requires you to “do the work”?

How are you keeping your stream clear of debris?

Your Crystal Energy for Key 5





To bring back creative life, the waters have to be made clean and clear again. We have to wade into the sludge, purify the contaminates, reopen the apertures, protect the flow from future harm.

Clarissa Pinkola Estes
Women who Run with the Wolves



Create an affirmation or choose one of these.

*I am open to learn from my
experiences.*

-

I am ready to do my soul work.

-

I am resilient and live in flow.

Creating your Magic

Time to do some Magical Journaling

Super New Moon in Aquarius ♊

What are you holding on to that could be released?

How can you be your authentic self in all areas of your life?

What would you like to be different this year? (Be inventive!)

What could you do “for the good of humanity”?

Where would you like to develop wider connections?

● *I wish ...*

● *I wish ...*

● *I wish...*

Your Crystal Energy for Key 6



Affirmation for New Moon in Aquarius

Your Book of Life

Time to do some Magical Journaling

Close your eyes and take a few deep breaths.
Imagine you are holding your own Book of Life.

What does it feel like?

What colour is it?

What is the title?

Does it smell?

Is there a symbol on the cover?

Your Crystal Energy for Key 7





Describe or draw your Book of Life here...



I write my own Story.

You are the Bell

Time to do some Magical Journaling

What are you celebrating?

What have you released, laid to rest?

What announcement are you ready to make?

When you hear a warning bell, it is a signal to take notice, to pay close attention. What are you noticing? What are you needing to pay attention to?

Your Crystal Energy for Key 8



Shadow Work

Write about a time when you have felt “in shadow”.

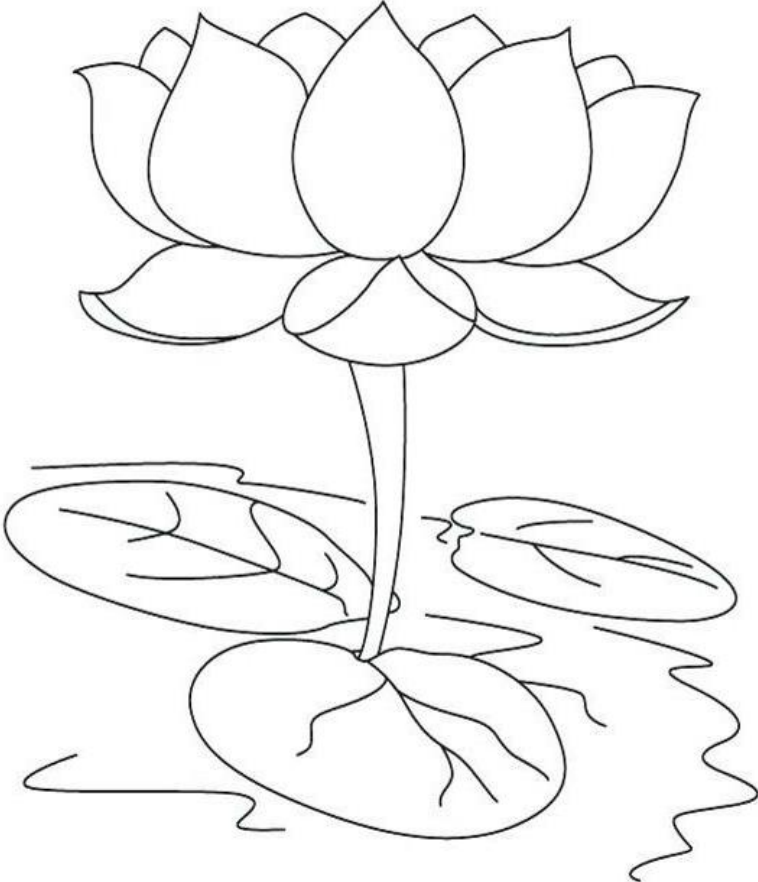
What did you discover about yourself?

What seeds are you getting ready to plant in the mud?

Your Crystal Energy for Key 9



Colour this image of the lotus as a meditation, or you might like to paint your own version.



Celebrate how far you have come

Time to do some Magical Journaling

Write three ways you can Thrive in 2023

What have you learned so far from this workshop?

What are your “aha” moments?

1

2

3

Your Crystal Energy for Key 10





Create an affirmation or use one of these.

I celebrate my journey.

—

I celebrate how far I've come.

—

I give myself time to just be.

Power of the Written Word

Time to do some Magical Journaling

How can you engage with the medicine of the written word?

If you already have a journaling practice, what could you do to deepen your connection to your sub-conscious?

If you are not a regular journaler, what might encourage you?

What do you need to help you get started?

What prevents you from writing “freely”?

Your Crystal Energy for Key 11



Celebrate your Wins

Time to do some Magical Journaling

Where are you winning?

Big wins...

Little wins...

What self-care practice do you have which releases feel good hormones?

Your Crystal Energy for Key 12



Drunk on Life!

Time to do some Magical Journaling

Where do you experience scarcity?

I need more... I need more... I need more...

Now connect with the energy of abundance.

What is abundant around you today and be in gratitude!

I am grateful for... I am grateful for... I am grateful for...

Your Crystal Energy for Key 13





Gratitude Journal

5 MINUTES OF GRATITUDE DAILY

TODAY ____/____/____

Large empty rectangular area for writing.



TOP 3 THINGS ABOUT TODAY

-
-
-



WHAT INSPIRED ME THE MOST TODAY?

Empty rectangular area for writing.



GRATITUDE FLOWER

HOW AM I FEELING TODAY?



3 THINGS I WISH FOR TOMORROW

-
-
-





Create an affirmation or use one of these

I am abundant.

—

*I have gratitude for the
abundance in my life.*

—

I have enough. I am enough.

Sovereignty over Your Life

Time to do some Magical Journaling

Who do you feel connected to? Who do you feel you “were destined to meet”?

How do you feel knowing you are ONLY responsible for your piece of the red thread?

Where do you need to create boundaries, to be ruler of your life?

Your Crystal Energy for Key 11



The Music of Your Life

Time to do some Magical Journaling

Do you have a particular song which triggers an “extreme” emotional response?

Create your own playlist of songs or pieces of music to prompt different emotions. For example, Happy, Meditative, Celebration

Your Crystal Energy for Key 15





See you in the Garden



Next Step



Organise your
Free Discovery Session
with
Celia Barsby
www.celiabarsby.com/book-online

and/or
Lauri Ingram
<https://calendly.com/lauriingram/exploratory-call>



Offerings

- Book | eBook
- Gratitude Journal
- Keynote Speaking on all things Life and Soul Purpose
- SOUL PURPOSE Coaching Programs
- SOUL PURPOSE Online Programs
- Events | Conferences | Summits
- Webinars | Podcasts
- Spiritual Energy Coaching
- Crystal Workshops