

LIVE FULLY  
CREATE HAPPINESS  
SPEAK KINDLY  
HUG DAILY  
SMILE OFTEN  
HOPE MORE  
LAUGH FREELY  
SEEK TRUTH  
INSPIRE CHANGE  
LOVE DEEPLY

**What do  
you need  
in 2019?**

Meridian  
K  
Consulting  
&  
Coaching  
Services

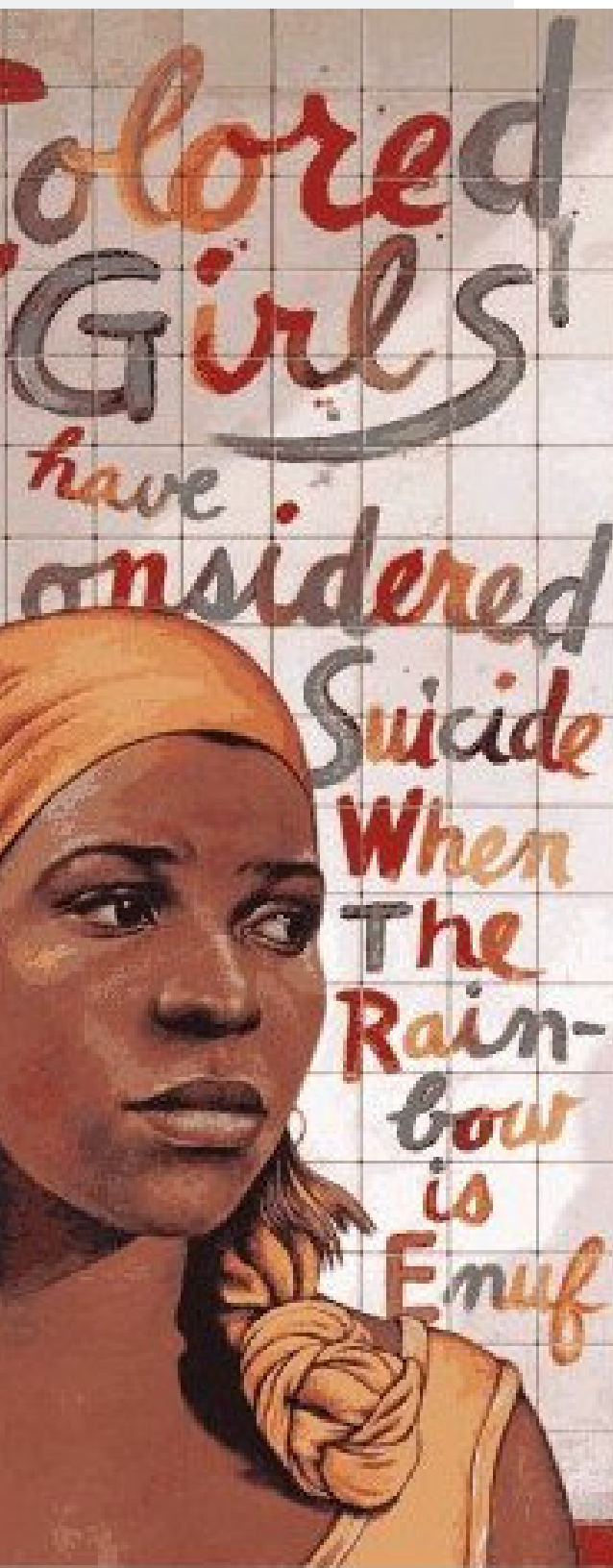




The start of the New Year is always a great time to reflect on the past and plan for the future. Some of you might write down resolution or promises for the future. Other you focus on making goals and 'to dos.' It is also a time for self assessment/and life reviews. As you begin your journey ahead I have put together questions to maybe support you in reflection and planning processes. Ntozake Shange is a famous poet who passed away this year. She wrote a poem in her choreopoem "For Colored Girls who have Considered Suicide when the Rainbow is Enuf" called : 'Somebody almost walked away with all of my stuff.' In it she describes a woman – who let/almost let parts of her stuff be stolen. This activity will help you reflect on 'your stuff.' Your stuff could be your voice, dreams, passions, visions, heart, decision making, power..... Your stuff is essential to our survival, growth and purpose. This exercise is a chance for you to reflect on 'your stuff.' Acknowledging that some stuff we let go of needed to go, some of is historical, or some stuff we need to reclaim, cultivate and grow.

2019 according to those who make pronouncements about numbers is a year of wholeness and completion. It is a year of creativity, intuition, self-expression and social connections. "Good stuff!" Walking into the new year, we need folks, organizations and systems to own, nurture and reclaim 'all their stuff' for their own wellness and health (and for the wellness/health of their families, relationships, communities and the planet). So, included in this guide are tools to guide your thinking. I have included excerpts from the poem and I have included some reflective questions that I encourage you to get your journals or notebooks reflect on. Finally, on the last page is an invitation to participate in an 8 week creative process designed to connect you with others in a focused and intentional way to cultivate, expand and (if needed) reclaim your stuff.

Wishing you a Peace filled and Abundant New Year! Karen



Somebody almost walked off with all of my stuff and didn't care enough to send a note home saying "I was late for my solo conversation" or "two sizes too small for my own tacky skirts". What can anybody do with something of no value on an open market? Did you get a dime for my things? Hey, man! Where are you going with all of my stuff? This is a woman's trip and I need my stuff to "Ooh" and "Ah" about. Honest to God, somebody almost ran off with all of my stuff and I didn't bring anything but the kick and sway of it. The perfect ass for my man and none of it is theirs. This is mine my own things. That's my name. Now give me my stuff. I gotta have to give to my choice. So you can't have me unless I give me away. And I was doing all that till you ran off on a good thing.

I want my things. I want my arm with the hot iron scar. I want my leg with the flea bite. Yeah, I want my things. I want my calloused feet and quick language back in my mouth. I want my own things. How I loved them.

Somebody almost ran off with all of my stuff and I was standing there looking at myself the whole time. It wasn't a spirit that ran off with my stuff. It was a lover I made too much room for. Almost ran off with all my stuff and the one running with it don't know they got it. I'm shouting, "This is mine!" and they don't even know they got it. My stuff is the anonymous ripped-off treasure of the year.

Did you know somebody almost got away with me?

Somebody almost walked off with all my stuff. This is not your prerogative/I gotta have me in my pocket/to get around like a good woman should/ I gotta have my stuff to do it/you don't you find yr own things/ and leave this package of me for my destiny/ I'm the only one/can handle it.

(See my website or the book "For Colored Girls Who Considered Suicide with the Rainbow is Enuf" by Ntozake Shange for the full poem)

# Grab a Pen and Reflect on the Following

1. What is your stuff?



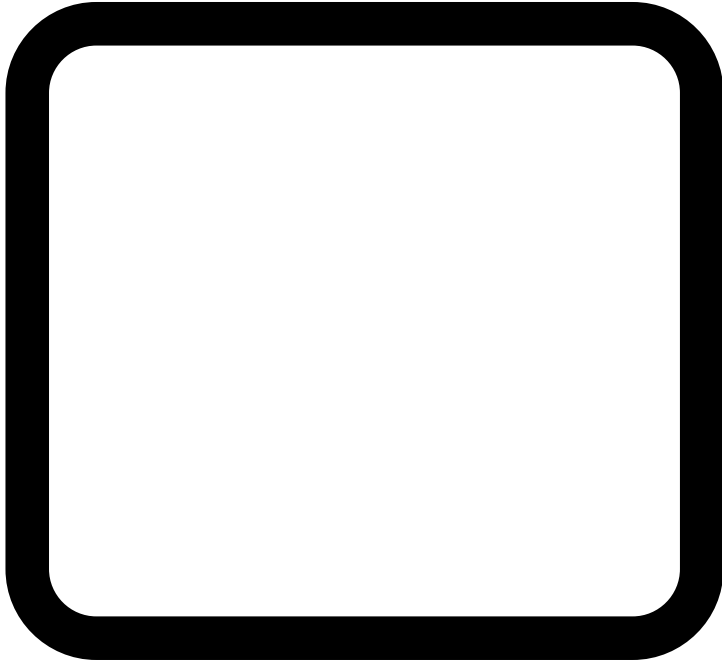
2. Where is your stuff? (clearly assess who you are and how are you showing up in the world)?



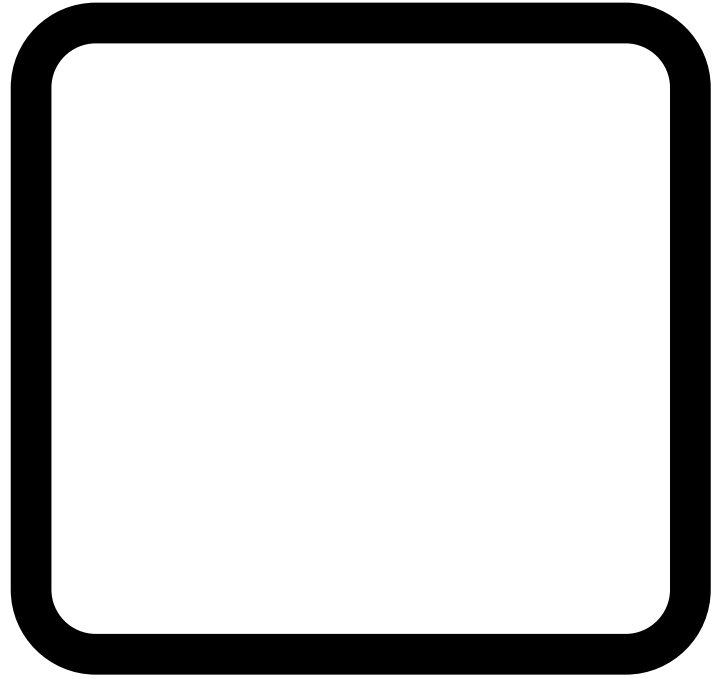


# Reflections On Loss

3. What- if anything -  
was lost?

A large, empty rounded rectangle box with a thick black border, intended for a person to write their reflection on what was lost.

4. What -if anything-  
did you give away?

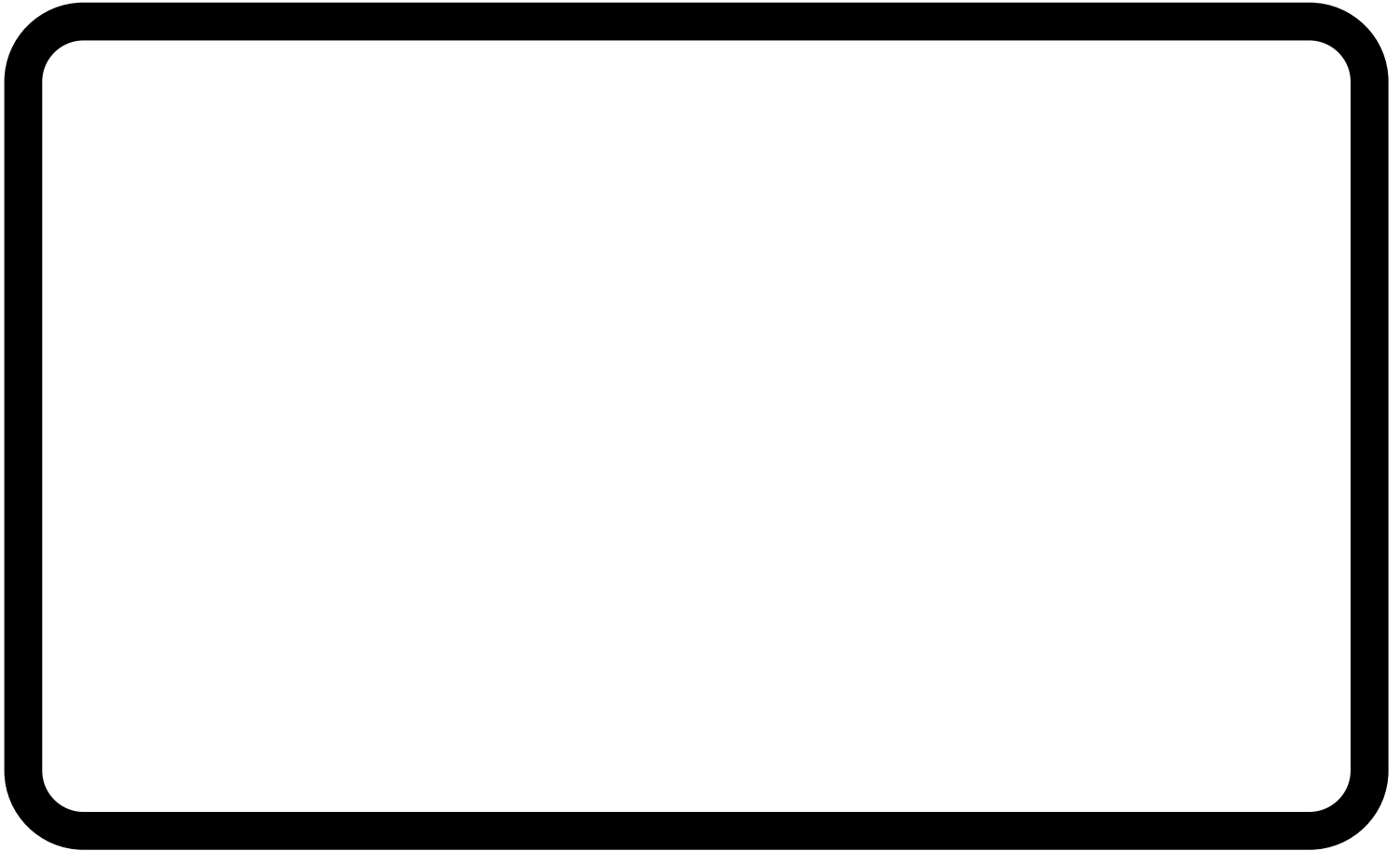
A large, empty rounded rectangle box with a thick black border, intended for a person to write their reflection on what they gave away.

5. Was there anything stolen/taken away? And if  
someone took your stuff 'do they know they have it?'

A large, empty rounded rectangle box with a thick black border, intended for a person to write their reflection on anything stolen or taken away.

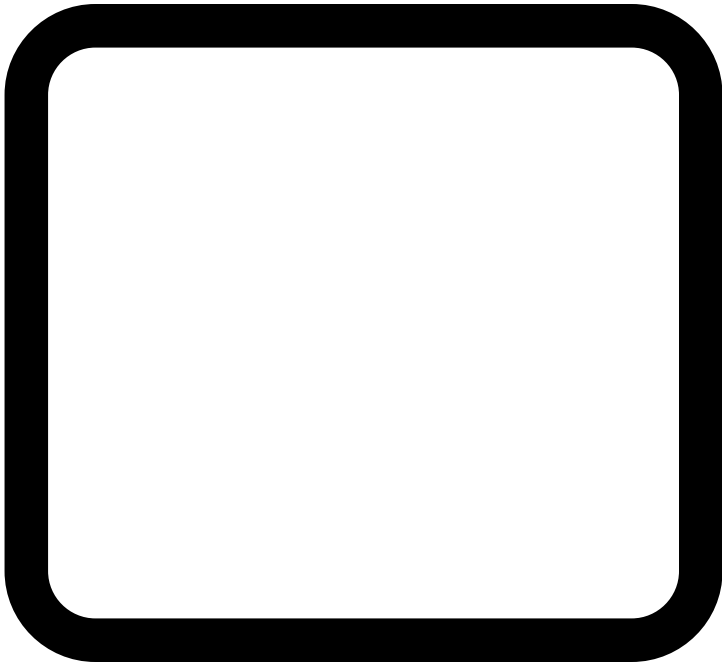
# Gifts, Resources, Remnants and Resources

6. What are you holding on to?/ What remains?

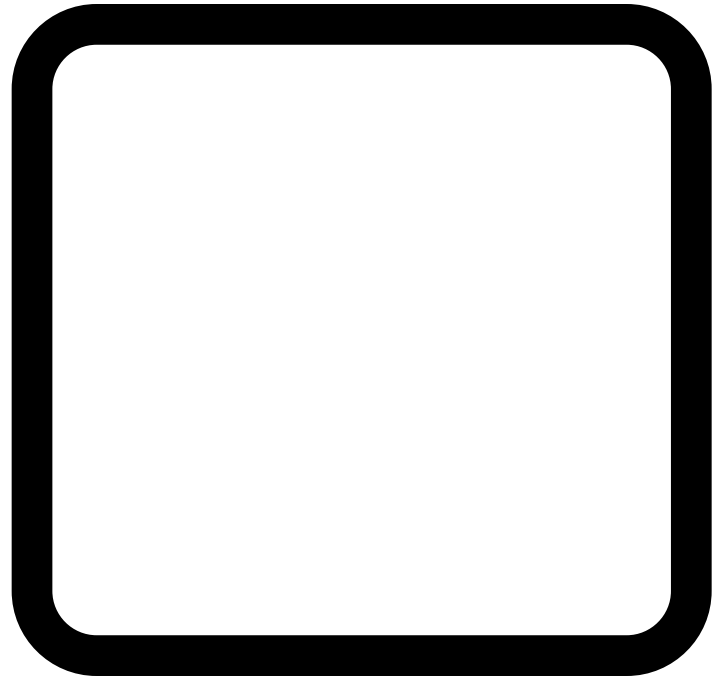




7. What if anything to  
you want/need to  
reclaim?



8. Is there any cost to  
holding on or losing to  
your stuff?

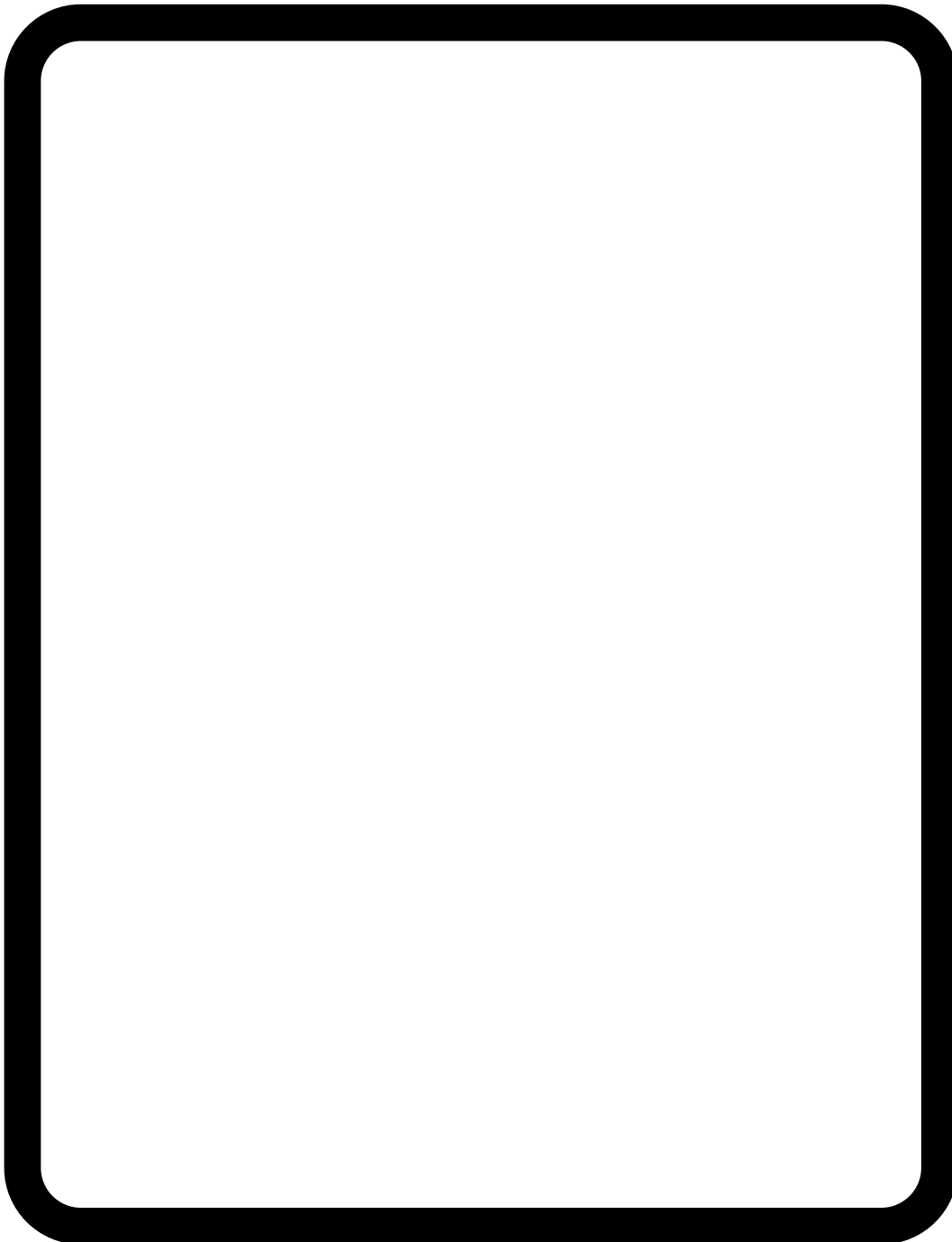


9. What- if anything - are you glad you lost?



10. If you let someone walk off with all your stuff – what was taken? Do you need your stuff back? How will you get your stuff back?

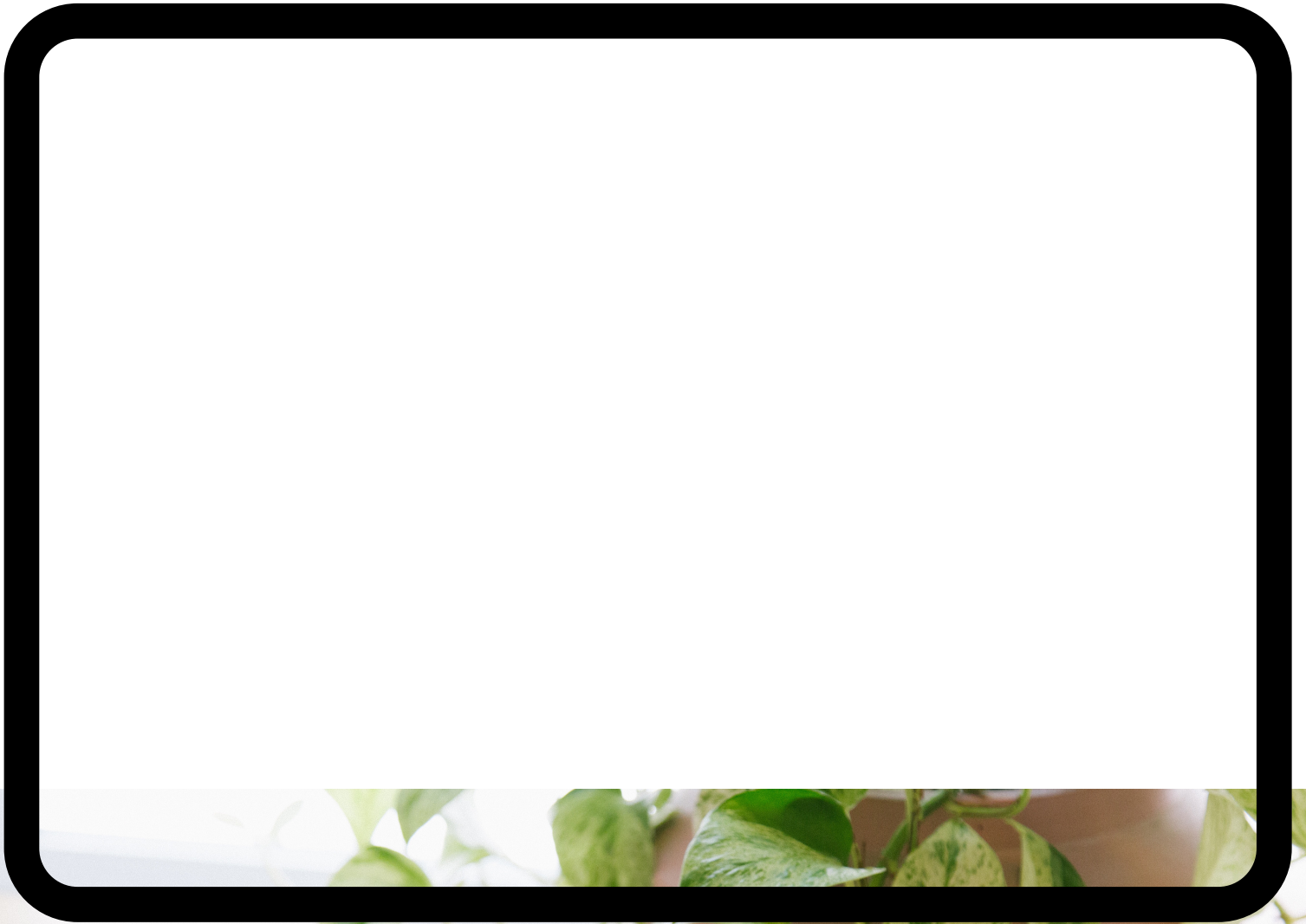
11. And what supports do you need to get your stuff back?





## Building Blocks: Gifts & Strengths

12. How is your stuff aligned with your mission, vision, purpose, and destiny? (name this stuff)?  
and how and why you need it?







If you would like to  
continue this work join  
me for “ReClaim”

*An 8 week experience that will help you  
reclaim their creativity, joy, focus, voice and  
passions’*

*Email, text or call to find out more  
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