



# KIM DEYOUNG

# CHOICE CLARITY

Navigating Life with Intention and Insight

## WORKSHOP DESCRIPTION

**Choice Clarity** is a 4-week workshop designed to empower participants to navigate life's decisions with heightened consciousness, confidence, and clarity. It provides a deep dive into the essence of decision-making, offering practical tools and insights to affirm values, embrace uncertainty, trust intuition, and master the Choice Mapping process, enabling decisions that are in harmony with one's true self. It's a journey aimed at reshaping the approach to choices, whether they are monumental or mundane, personal or professional.

## WORKSHOP SPECIFICS

Each session of *Choice Clarity* is a blend of enlightening discussions, real-life examples, interactive exercises, and reflective practices, designed to explore different aspects of choice-making and offer a holistic learning experience.

### **Week 1: Intentional Living: Embracing an Examined and Thoughtful Life**

- Tuesday January 9, 2024 @ 6pm. Gunn Memorial Library, Washington, CT
- We'll begin by exploring the foundational concepts of making choices and understanding how every decision we make shapes our lives and identities. We'll discuss how to align our decisions with our core values and desires, fostering a life of intentionality and fulfillment.

### **Week 2: Navigating Life with Choice Mapping**

- Tuesday January 16, 2024 @ 6pm. Minor Memorial Library, Roxbury, CT
- We'll introduce Choice Mapping, an innovative process to visually organize our thoughts and feelings about the decisions we're facing. This tool promotes self-discovery, reflection, and a deeper understanding of our life's journey, enabling more conscious and informed decision-making.

### **Week 3: Being Present: Mindful Choices in the Here and Now**

- Tuesday January 23, 2024 @ 6pm. Burnham Library, Bridgewater, CT
- We'll concentrate on the significant choices we make in our personal, professional, and relational lives. We'll learn how to make decisions that resonate with our values and aspirations, enabling growth and the realization of our desired life paths.

### **Week 4: Retelling Stories: Reflections and Lessons from Past Choices**

- Tuesday January 30, 2024 @ 6pm. Gunn Memorial Library, Washington, CT
- We'll revisit our past choices, extracting the lessons they hold and discussing how to release any associated pain. This concluding session focuses on healing, allowing us to perceive our past with renewed perspective and approach future choices with enhanced clarity and wisdom.

## IDEAL FOR...

- **Self-Help Enthusiasts:** Individuals seeking practical tools for introspection, self-awareness, and personal growth.
- **People Seeking Self-Understanding:** Those on a journey of self-discovery, aiming to comprehend how past choices are influencing their present.
- **Individuals at a Crossroads:** People desiring guidance to make intentional and conscious choices during significant life transitions.
- **Mindfulness Practitioners:** Those who value conscious decision-making and recognize the profound impact of each choice on their lives.
- **Life Coaches and Therapists:** Professionals aiding clients in navigating their choices and understanding their repercussions.

## ABOUT KIM

Kim DeYoung is a seasoned choice coach, entrepreneur, author, and speaker, dedicated to guiding individuals towards making purposeful choices. With extensive experience coaching visionary entrepreneurs, Kim has empowered numerous people to bring their ideas to life through intentional decision-making. Her book, *The Book of Choice*, is a comprehensive guide to intentional living, providing readers with the tools and insights needed to make impactful decisions. Kim's unique blend of expertise, compassion, and positive energy has established her as a sought-after coach and speaker, inspiring a myriad of individuals to make meaningful choices that resonate with their true selves and create a lasting impact.

[Purchase her book, today!](#)