

Branching Out



Providing support and encouragement through the joys and challenges of this transition.

EMPTY NESTERS GOING ON A SPRING HUNT

Do you remember the story and song GOING ON A LION HUNT?

We use to sing it in the car; going to find a rest stop, in the kitchen; going to find a pot holder, in the bathroom; going to get my tooth brush.

Well if you missed that silly song, you get the idea.

I was singing it in my head today. Heaven knows why. Maybe because spring is coming and I am ready for the hunt, but not to find eggs or lions.

The hunt to find what would be fun, satisfying, and connecting.

We hunger for a new purpose in our life.

We are longing for that feeling again that we get on good days with our children. We cherish those talks, the hugs, the giggles, the games, the parties, and the school community.

What is it that is so satisfying about loving our children? What is it that keeps that devotion alive even when our kids are a pain, selfish, and slob?

Maybe you have some ideas!

Anyhow, back to the spring hunt for you.

Here is the question:

IF YOU HAD AN EXPERT GUIDE TO TAKE YOU ON A HUNT, WHAT DOES THE GUIDE NEED TO KNOW ABOUT YOU?

Write it down for the guide.

You need to know that I am shy . It takes me time to say what I am thinking and feeling. I am not a risk taker.

You need to know work isn't doing it for me these days.

You need to know that I love to be outside.

You need to know that I am an extrovert and also very vulnerable

You need to know I don't like anyone to stand too close to me when we are talking.

You need to know I love to sing.

You need to know I write poetry.

You need to know I use to dance.

You need to know I cry easily.

You need to know I am lonely.

You need to know I don't know what I want now that my kids are gone.

You need to know I am tired.

You need to know I want to sell gift baskets

You need to know my husband is too into just doing the routine.

You need to know I eat too much.

You need to know I am constantly checking my emails.

You need to know I like to hike.

You need to know I eat in the car.

You need to know I love red wine.

Well you get the idea!

The purpose of this hunt is a fun way to get to know more about yourself.

You can talk to someone about this idea.

You can dance what you want your guide to know.

Maybe you will give the guide some photos you are going out to take that show something about you.

Maybe you will color or paint or knit something that shows a part of you.

You can journal what the guide needs to know about you.

I believe creativity is an ignition.

Empty nesters need a jump start.

Who knows which direction you will head. Truth is, it doesn't matter.

Going on an empty nest hunt. Going to take a (fill in the blanks for your guide). PS I included tootsie rolls as something my guide needed to know about me.

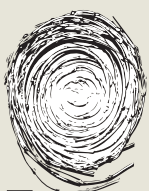
I like them.

Email me if you need some help.

I am branching out to you,

Natalie

natalie@emptynestsupport.com



**Empty
nest**
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P.O. Box 11684 • Ventura Blvd., Suite 960 • Studio City, CA 91604
(800) 446-3310 toll-free • (818) 763-0188 local • (818) 763-1743 fax
nataliecaine@earthlink.net • www.emptynestsupport.com