



Heart's Desire GNO

HOSTESS GUIDE

a girls night to create goals with soul

FEATURING

THE
DESIRE
MAP



HELLO & welcome



Hey Sister! We see you working your tail off to be the most amazing mother, wife, friend and contributor to this world that you possibly can. And sometimes you feel discouraged when you can't keep all of those plates spinning as fast as you'd like. Girl, it's stressful! On top of that, as much as you'd love to get time with your girlfriends and feel like you're investing in yourself, who has the time (or energy) to plan & coordinate a night out?

It's easy for women like us to chalk it up to being a season of life we just have to endure. But you know you're meant for more. HeartStories is on a mission to replace the worn out stories in your mind with love. By acknowledging we are all in this together, we're establishing new ways to support each other. Together, we're improving the way women think, love, and live. Are you ready for a new story? Let's dive in to more love...

Crystal & the HeartStories Team



Girls Night Made Easy!

Here's a brief overview of what you can expect throughout this joy-filled Girls Night Out experience!

1

Enjoy a warm welcome from Crystal, followed by a guided meditation to open your heart.

2

Get a front row seat to an exclusive interview & connect through storytelling.

3

Have fun creating goals with soul through the Desire Map process with Ann Marie McKenzie!



SOMETHING TO TALK ABOUT *how Storytelling works*

This is our favorite part of Girls Night - we call it "Gossip Time!" Don't worry, it's GOOD gossip - the kind where personal stories are shared, and the most authentic connections are made! During your storytelling session, you'll hit the "pause" button on the evening for a few minutes to connect on a deeper, more meaningful level with your girlfriends.

"A connection is the energy that exists between two people when they feel seen, heard and valued ..."

• UNKNOWN •



Frequently Asked Questions

What will I need to do to prepare for hosting an event?

Hosting a HeartStories GNO can be as simple or "to the nines" as you want it to be! We have women who go all out with decorations and themed meals, while others show up with pizza, messy buns and yoga pants. The level of prep is up to you. Just remember to invite your girlfriends!

What supplies do I need for this event?

All you'll need for a fun, successful event is a printed copy of this workbook for each attendee. You may also choose to purchase a copy of Danielle LaPorte's book, [The Desire Map](#), to use as a guide.

How do I access my Girls Night event?

Your confirmation email includes instructions on how to access to your virtual GNO on Demand event. Please refer to the steps provided to view your video.

How long do I have access to an event after I purchase it?

Once you've purchased a GNO on Demand event, it's yours to use over and over again! This means you can host multiple Girls Night events with different groups. More gatherings = more connections!



Frequently Asked Questions

Can I stream the event on my TV?

If you have a smart TV, you can mirror your screen from your laptop or phone. If you don't have a smart TV, try connecting your TV to your computer with an HDMI cord. Please refer to your TV manual or [click here](#) to learn how.

Can I interact with other attendees in real-time?

Due to the pre-recorded nature of our On Demand events, our live chat feature will not be available. If you're gathering virtually for this event, we encourage you to use FaceTime, Marco Polo or a similar communication tool to interact with your girlfriends.

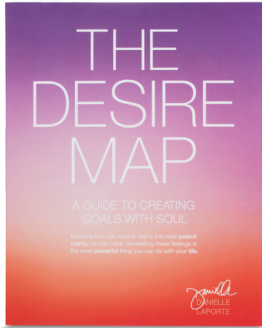
Will I be able to get technical help during the event?

While we do not currently have an IT Department, we *will* do our best to assist you with minor troubleshooting issues that may arise during your On Demand event. We encourage you to test your video and internet connection prior to gathering to ensure a seamless experience. Should you experience any technical difficulties, please message us on [Facebook](#) or [Instagram](#), and we will respond as soon as possible!



SHOPPING LIST

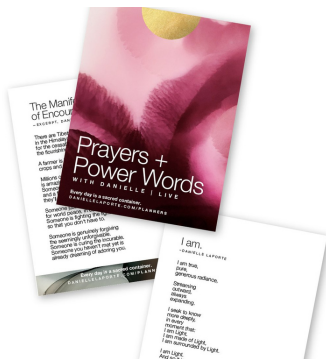
Recommended Supplies & Materials



- The Desire Map: A Guide to Creating Goals with Soul Paperback by Danielle LaPorte



- Paper Mate Flair Felt Tip Pens | Medium Point 0.7 Millimeter Marker Pens | Back to School Supplies for Teachers & Students | Assorted Colors, 24 Count



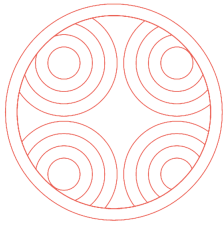
- Prayers + Power Words Deck (free gift).



The Desire Map at a Glance

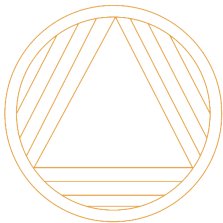
This overall map outlines the five areas of your life in which you can get crystal clear on your heart's TRUEST desire and how you want to feel in each one.

Tonight, we'll be focusing specifically on **RELATIONSHIPS & SOCIETY** to help you discover your Core Desired Feelings and use them to guide your life decisions.



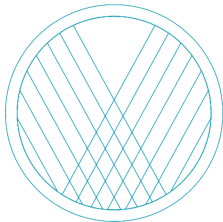
LIVELIHOOD & LIFESTYLE

career. money. work. home. space. style. possessions.
fashion. travel. gifts. sustainability. resources.



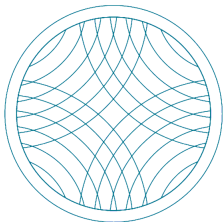
BODY & WELLNESS

healing. fitness. food. rest & relaxation. mental health.
sensuality. movement.



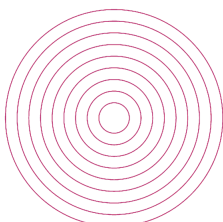
CREATIVITY & LEARNING

artistic and self-expression. interests.
education. hobbies.



RELATIONSHIPS & SOCIETY

romance. friendship. family. collaboration.
community. causes.



ESSENCE & SPIRITUALITY

soul. inner self. truth. intuition. faith. practices.



Opening "Soul Limber" Exercise

1 Other than time or money, what I want more is...

2 I need to give myself more permission to be...

3 What do I do most naturally?



What's Not Working?

What's not working in the area of Relationships & Society? How does that make you feel? We have to admit what's not in alignment with our hearts if we want to create lasting change.



Gratitude

What are you grateful for in Relationships & Society? How does that make you feel? What we focus on expands. Gratitude is the attitude to shift perspective & generate abundance. Shift negative emotions into positive to create a core feeling that FEELS GOOD.



Recognize the Pattern

We are creating **ONE core feeling** in this session that will represent Relationships & Society. Use the space below to record all of the feelings from the first few activities, and see the bigger picture of your feelings. Do you recognize any patterns?





Step One

How do you want to feel in these five areas of your life?

- Livelihood & Lifestyle
- Body & Wellness
- Creativity & Learning
- *Relationships & Society*
- Essence & Spirituality



Step Two

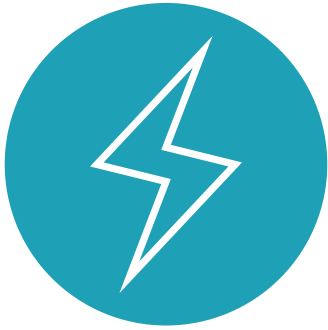
Read the words you wrote & look up their definitions. What do they mean? When you read their definitions, do the words take on a new, more powerful meaning? Do you have a positive or negative history with them? How do they feel?



Step Three

Make your first picks. Go back to Step One and circle the words that resonate with you the most. Select 10 words or fewer, but don't stress! As yourself which words make you feel positive, uplifted, expanded. Follow your heart!





Step Four

Prepare to home in through pattern recognition.

Choose 3-5 words that are so precise, they feel ELECTRIC! Notice some of the same feelings and words repeating throughout your answers. Focus on these core feelings!



Step Five

Make your final picks and shine, baby, shine!

This is the moment! Your Core Desired Feelings. Let them stew, and be open to change as these words may evolve over time. Compare notes with your Sisters, but don't compare yourself. This is YOUR journey!

My Core Desired Feelings:



Nourishing Thought Forms

Time to choose OPTIMISM! Record helpful thoughts to silence the negative voices in your mind. What are your favorite past successes? Who adores and supports you the most? List positive belief systems, quotes & mantras to honor & support how you want to feel.



Desire, Meet Action!

Choose ONE major intention or goal for the year and set out to do it with gusto & excellence!

Trust your heart. Let your inner guidance lead you and resist the temptation to get this "right."

The most powerful question to ask yourself when you consider which goals or intentions to focus on is:

*What am I
most excited about?*



My Intentions & Goals

Build out the story behind the feeling, and create an intentional action to honor & support how you want to feel. Why do you want to feel this way? If it was a character in your life story, what would it look like? What would it be saying? Who would it be with?



Intentional Actions

Bridge your desires to your intentions. When you consider the area of Relationships & Society, what do you want to *do*, *have*, *give* and *experience* to align with your new core feeling? Ask yourself, "What do I need to do to feel the way I want to feel?"

Do

Have

Give

Experience



Helpful People and Resources

People who can help me live out my Core Desired Feelings:

People who are local who I know directly & personally:

Professionals, experts and service providers:



Helpful People and Resources

Legendary thinkers & personalities:

Spiritual guides:

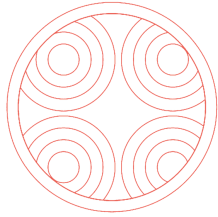
"How did the rose ever open its heart
and give to this world all of its beauty?
It felt the encouragement of light
against its being; otherwise we all
remain too frightened.

~ *Hafiz*

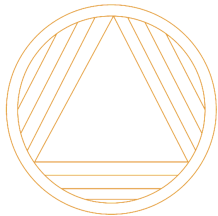


Making Connections

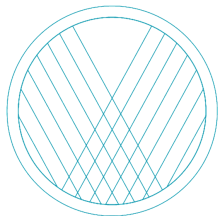
Bridge your desires to your intentions. Go through each of the Five Life Areas and ask yourself what you want to *have* and *experience* in each one, with your new core desired feelings as the central goal. Ask yourself, "What do I need to do to feel the way I want to feel?"



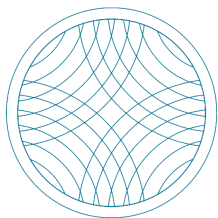
LIVELIHOOD & LIFESTYLE



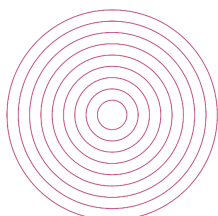
BODY & WELLNESS



CREATIVITY & LEARNING



RELATIONSHIPS & SOCIETY



ESSENCE & SPIRITUALITY



Help Each Other

MEET UP

This is an experience enriched by group support - whether it's you & your girlfriend in person, or a group across the country meeting virtually once a week.

Check out *The Desire Map* website for guidelines and real-life examples of groups.

CHEER EACH OTHER ON

You know yourself best (even better after desire mapping), so do whatever works for you to create accountability around these actions & plans.

*I felt it shelter
to speak to you.*

EMILY DICKINSON





Cheers to girlfriends & goals with soul!

Special thanks to our Featured Guest, Ann Marie McKenzie, for leading us! Ann Marie is a Master Desire Map Facilitator and Soulful Business Strategist + Transformation Guide. For 20 years, she's worked with individuals, youth, families, businesses & communities, developing and facilitating programs to promote wellbeing, authentic leadership & sustainable business practices. From 1-on-1 coaching to group workshops, Ann Marie leads people through a process of getting messy to get clear.

Thank you for joining us for this evening of fun, reflection and inspiration! We hope you are leaving tonight feeling refreshed, rejuvenated and empowered to live out these new goals with confidence and grace!



Follow us on social media to stay up to date on all things HeartStories!

To More Love,

Team HeartStories



WHAT'S NEXT ?!?

Sign up for your next Girls Night Made Easy at GNOatHome.com!

SIGN UP