

Spring Awakening

***“No matter how long the winter, Spring is sure to follow ...
Spring is a lovely reminder of how beautiful change can truly be.”***

Spring is a great time to get clear about who you are and what you want.

It is a season of change, renewal, vibrance, and growth.

Now is a great time for you to lean into growth, transformation and up-leveling yourself/your life.

Step 1 - Decluttering:

The first step is to take a thorough assessment of what is serving you and what is squashing you.

Take a look at your physical surroundings, your thoughts, your behaviors, the people who you spend time with, the activities which you engage in, the words you speak, and the emotions which you indulge.

Identify a few things which need to be lovingly discarded or put aside for the time being.

In order to create change, something needs to initiate the change. Be willing to try something different, and step away from behaviors or thought patterns which are holding you back.

Step 2 - Needy:

Myth Buster - "Needs don't make you needy. Needs make you self-aware so that you can tend to them."
- Ilona Varo, LMFT & Coach

Complete the sentences below to get a better understanding of your needs.

For me to feel satisfied in my life ...

I need to feel _____ physically, _____ emotionally, and to have _____ interaction with my social support.

I will focus on communicating my need for _____ with my friends.

I will express my need for _____ with my family.

I am a bit hesitant to acknowledge my need for _____.

In the past I have been judged for having _____ as a need.

For me to feel fully energized, I need _____.

A boundary I need to set is _____.

This boundary will ensure _____ need is met.

I respect when I see others acknowledge their needs of _____.

I give myself permission to have _____ as a need today.

Step 3 - Intentions:

Commit to and declare a few intentions for this new season of your life.

Perhaps your intention is to be more mindful.

Perhaps it is to be more attuned and aware of your needs.

You may want to focus on intentionally moving your body in a joyful way.

Another intention could be to be mindful of what you consume in the form of food, drink, social media, or even social engagements.

Write down three things you would like to be intentional about in this new season of your life.

Intention 1 _____

Intention 2 _____

Intention 3 _____

Step 4 - Mindset:

Identify a few roadblocks in your mindset.

Perhaps you are surrounded by pessimistic people.

Perhaps you have a limiting beliefs about what is possible in your life.

Perhaps you have a recurring judgment of not feeling good enough or worthy enough.

Write down and commit to working through a few of your mindset barriers.

You could also reframe them and commit to practicing a new mindset from the stance of fake it till you make it.

Mindset Block 1 _____

Mindset Block 2 _____

Mindset Block 3 _____

Mindset Reframe 1 _____

Mindset Reframe 2 _____

Mindset Reframe 3 _____

Step 5 - Resources:

Know that this is not a process that you have to do alone.

Identify some resources which could be helpful for your spring awakening.

Resources can be books, inspirational blogs, IG Accounts, people, places, communities, Facebook groups, etc.

Get resourceful about your resources and identify who you are going to enroll in your vision.

Resource 1 _____

Resource 2 _____

Resource 3 _____

Step 6 - Aligned Action:

After going through this process, what is one aligned action step that comes forward from your intuitive wisdom?

What is one thing you would like to take action on in the next 24 hours, week, and month.

24-Hour Action _____

1 Week Action _____

1 Month Action _____



ilona Varo is a Hungarian born psychotherapist practicing in Los Angeles. Her background in the beauty and entertainment industry, as well as the healing arts, informs her unique psychological approach.

ilona's practice focuses on women's issues which arise from adolescence through adulthood. She focuses on topics involving body image, disordered eating, self-hatred, self-sabotaging behaviors, anxiety, depression, adjustment disorders, trauma and more.

ilona is trained in EMDR and works with somatic modalities to help clients create peace and calm in their bodies. A connection and awareness to the mind-body is crucial in healing and transformation. Mind-Body awareness improves resiliency, stress management, healthy self-regulation, appropriate coping skills, joyful relationships, etc. It brings attention to the somatic experiences of mental health issues.

A lot of mental health behaviors are a result of individuals being detached from their bodies, at war with themselves, storing trauma, and the struggle to rationalize our biological responses. "It's not always logical, it's sometimes biological."

ilona helps provide clients with practical tools so that they can improve their awareness of behaviors/thoughts/reactions which bring them distress. Practical tools and collaborative practices ensure that clients can learn to cope in healthier and more effective ways.

ilona is truly passionate about women's health, resiliency, and teaching effective/practical coping skills. She believes everyone is worthy of healing, and that it is possible to find peace in our mind/body experiences.