

Year-Long Theme Calendar for The *Inner Orchestra* Membership

You Can Start Any Month or Any Quarter

Quarter 1 – Foundations: Meeting the Orchestra

Focus: Awareness, Mapping, Befriending Protectors

Goal: Build inner safety + clarity around parts work.

January – The Inner Map

Theme: Mapping Your Inner Orchestra

Focus: IFS basics, identifying protectors, exiles, and Self-leadership.

February – The Critic as Conductor

Theme: Befriending the Inner Critic

Focus: Transforming perfectionism & self-pressure into wise guidance.

March – The Overachiever’s Drumbeat

Theme: Meeting the Productivity Pusher

Focus: Unwinding the “never enough” driver and finding authentic motivation.

Quarter 2 – Depth: Healing the Tender Notes

Focus: Meeting Exiles, Holding Pain with Compassion

Goal: Deepen emotional resilience + self-acceptance.

April – The Hidden Soloist

Theme: Meeting the Exile

Focus: Gently approaching parts that hold shame, grief, and vulnerability.

May – The Mask & the Mirror

Theme: Unmasking the Performer

Focus: Exploring the part that hides behind achievement, charm, or “holding it together.”

June – The Wounded Musician

Theme: Healing Childhood Echoes

Focus: Recognizing how past wounds shape present perfectionism & fear.

Quarter 3 – Expansion: Reclaiming the Golden Shadow

Focus: Unlocking Hidden Brilliance & Creativity

Goal: Awaken vitality, joy, and aliveness.

July – The Golden Shadow Emerges

Theme: Reclaiming Hidden Brilliance

Focus: Finding the strengths, creativity, and vitality we've exiled.

August – The Forgotten Instrument

Theme: Restoring Play, Pleasure & Creativity

Focus: Reconnecting with spontaneity and joy beyond achievement.

September – The Voice of Courage

Theme: Existential Courage

Focus: Facing uncertainty and stepping into authentic expression.

Quarter 4 – Integration: Living in Harmony

Focus: Meaning, Purpose, Embodiment, Connection

Goal: Sustain wholeness + live with courage and alignment.

October – The Symphony of Self

Theme: Integration & Inner Leadership

Focus: Balancing protectors, exiles, and brilliance in daily life.

November – The Sacred Pause

Theme: Anchoring Meaning & Purpose

Focus: Existential reflection, gratitude, and choosing with intention.

December – The Celebration Song

Theme: Expressing Aliveness

Focus: Embodied creativity, ritual, and honoring the year's journey.

Rhythm Each Month

Session 1: Deep-dive on theme (IFS + existential/somatic tools).

Session 2: Deepening practice + embodiment (IFS + creative, reflective, & somatic).

Integration Call: Live Q&A & real-life application.

Community Prompt: Reflection / creative share tied to theme.