



COLETTE BARON-REID'S
INVISION PROCESS



Allies

Module 5

Here is a partial list of allies for you to consider as you stretch your creative wings

Actor	God/goddess	Mystic
Alchemist/midas	Guardian/sentinel	Networker
Architect	Healer	Nun
Artist	Herald	Nurturer
Caretaker	Hermit	Pioneer
Cheerleader	Innocent	Priest/priestess
Companion	Innovator	Prince/princess
Counselor	Knight	Rebel
Creator	Liberator	Redeemer
Playful child	Lover	Rescuer
Explorer	Magician	Revolutionary
Dreamer	Mediator	Sage
Detective/investigator	Messenger	Samaritan
Diplomat	Mentor	Scholar
Director	Muse	Scribe



Storyteller

Teacher

Visionary

Superhero

Thrill-seeker

Warrior

Wizard

And here are a few examples of how they might assist you:

- A muse for creative flow and inspiration
- A cheerleader who can help you have confidence, feel supported and not give up when the going gets tough!
- A pioneer who helps you do new tasks you are not yet accomplished in and to discover and explore new things
- An architect to help you create structure and build your ideas
- A banker or accountant to help you keep careful track of and manage money
- A genius to help incubate new ideas
- A priestess when you need to claim sacred space
- A counselor to remind you how your own self care is essential to combat burnout!

Listen to the “Working with Allies” audio for 2 examples of how this works. Then get out 2 chairs and practice with the allies you want to work with.

You will quickly discover the powerful results!