

LIVE THE CHANGE SILENCE AND TRUST

These are leading questions and there is NO right or wrong. Just whatever comes through for you. Go with it, see what is revealed. Trust whatever you write.

When I am honest with myself I know that:

What I know about myself wholeheartedly is:

It gives me tingles inside when:

There's a mismatch in who how others see me in this way:

If I gave myself full permission to pivot in an area of my life it would be this:

If it was all working out FOR me, not against me, I have missed seeing this: