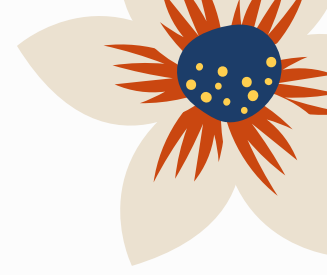
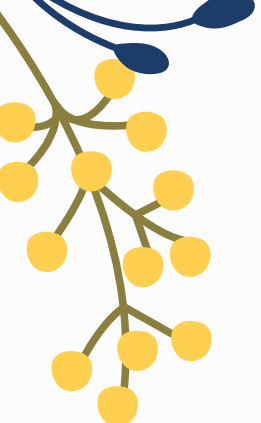


Self-Reflection

Day 2. Soul Class

1. I currently feel that my life is.....
2. The people around me make me feel like.....because.....
3. I would like more in my relationships and less.....
4. My daily life is filled withand that makes me feel
5. I am living the lifebecause.....
6. My daily routine is.....which makes me feel.....
7. I would like more..... in my daily life and less.....
8. If I was a stranger I would consider myself..... I would want to be my.....because.....
9. My relationship with myself can be best described as.....
10. I would not want to be my..... because.....
11. To be in my body, is to often feel.....
12. To be in my body, is to never feel.....
13. If I was my own ideal parent, I would recommend more..... in my daily life and less..... because.....
14. I feel the most powerful when.....because.....
15. I feel the least powerful when..... because.....
16. I believe that life can be.....because.....
17. I worry about.....because.....
18. I spend a lot of time thinking about.....because.....





Self-Reflection

Day 2. Soul Class

- 19. If I don't change anything in the way I live, I will most likely end up..... because.....
- 20. My intuition is telling me that
- 21. My heart is telling me that.....
- 22. My body is telling me that.....
- 23. My current mantra /philosophy in life is..... because.....
- 24. If everything else fails, the one thing I know for sure is.....because.....

Other notes

