



STEP ONE: ACKNOWLEDGE

- 1) What is arising?

STEP TWO: GO WITHIN

- 1) What did you see and hear on your internal journey?
- 2) What did the doubting part of you ask for and what did they give you? What does this symbol mean to you?

STEP THREE: APPLY TO WAKING LIFE

- 1) What did the doubting part of you ask for? What do they need?

- 2) How can you meet that need? List out one simple thing you can do for the next week, starting today.

- 3) At the end of the week, come back to this PDF and answer these questions:
 - How do you feel?

 - What do you feel you are capable of now?

 - What is one step you feel you can take now you were afraid to take a week ago?

Cheering you on! This work takes great courage. Congrats on taking this step to reclaim your confidence.