Authentic Life Journey Coaching Six-Session Series Journaling Week 1

Date:	•		

Meditation: "Shedding Illusions"

L) What is my story? What am I focusing my energy on constantly? What am I saying to my friends, amily or even social media about my life?				

2) How does it feel to write my story? Do I feel any physical pain in my body when I write my story? What emotions am I experiencing while writing my story?				
3) What do I wan to this change?	It to change about my life? What changes can I comfortably make to open up my l			
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Meditation: "Fears and Healing"

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elieving I can i	make change?	Am I afraid of	f success or fa	ilure and why?		
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Remember this is a journey and there is no right or wrong and you are always staying in a mind of loving kindness. No matter what you surface how on task or off task you may feel just be gentle and know you are doing the best you can. All is happening in perfect order and time. Start working on eliminating the blocks that keep you from your Authentic Life!

Enjoy your process, don't hold onto any expectations of how it will go, just let it flow!

Namaste