

Authentic Life Journey Coaching Six-Session Series

Journaling Week 3

Date: _____

1) What are some core beliefs you no longer want to own? What can I let go of that no longer serves me? What are some beliefs about me that are in line with who I want to be? What are some beliefs I want to cultivate in my life?

2) What do I surround myself with? What am I drawn to when I'm stressed? What conversations do I have about my life? How might I change my conversations about my life experiences?

Meditation: "Loving Kindness"

"Meditation: Chakra Balancing"

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