## Authentic Life Journey Coaching Six-Session Series Journaling Week 2

Date	•				

1) What is my ego saying to me to keep me from making changes? What things do I place as more important than giving myself room to grow and change? Who/What do I put as more important than my time for me?
2) What am I saying that dis-empowers me? What do I believe to be a truth about obtaining my dreams that is dis-empowering? Do I want to continue to give my power away to these beliefs?

## Meditation: "Making Contact with Your True Inner Voice"

3) What is your true inner voice saying to you about your dreams? What statements of empowermen do I already believe about myself or my dreams?
Meditation: "Loving Kindness"
My Love Notes

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

Authentic Life Journey Coaching

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Week 2