



WHAT COMES *naturally*

What did you love
doing as a child?

What are 3 things you
love doing and would
do every day?

When was the last
time you were
truly content?

What would you want
to achieve if you only
had 6 months to live?

Find a quiet space and take a few deep breaths to relax. Visualize a warm light in your heart, representing your highest self. Let this light expand, filling you with qualities like wisdom, love and peace.

Imagine you are in the most beautiful place on Earth and taking a walk side by side with your highest self. What stands out the most about this version of you? What do you admire most?

Ask your highest self what it needs from you right now. Listen for any guidance. Thank your highest self for showing up.

