

WEEKEND CHALLENGE KNOW THYSELF!

Anyone want to play seek what is hidden?

As a gift to yourself why not see what is holding you back from your highest expression of you. Sit with yourself and find out things that you were afraid to ask or kept locked away in your subconscious.

You can begin with questions such as:

Why am I reveling in the past? Does it keep me in victim mode?

Why can't I move forward in any and all aspects of me?

Am I lying to myself?

Do I have shame around a judgment made upon me by either myself or others?

Final questions:

What is my real truth?

Who am I at my core stripped down naked?

Am I silly?

Offensive?

Healing?

Broken?

Ashamed?

What are these parts of me that stick out and resonate with the old part of myself?

How old are they?

Where do they come from?

Every broken bit of self defines whether or not we shall survive equally as much as if we shall perish..

Consequently, we adhere only to what we know on the surface.

Give this inner work a try and see how you come out on the other end.

I Challenge you!