



Week One Reflection

What matters most to you?

In Daily Life

In the Big Things?

In what way is your present life misaligned with your truest self?

What are the patterns of thinking or beliefs about yourself or your life that you wish to put behind you now?

My life would be closer to who I am and who I want to be now if I

My one consistent regret in my life that could be a guide to me now?

Practices:

Daily gratitude: Three new things I am grateful for today.

Daily reflection: What made me happy today and brought me fully alive, What was a distraction, How might I be a little more true to self tomorrow.