



# This Big Human Journey

*Explore how to untangle ourselves from the chaos of daily life and reconnect with our deepest truths.*



SOULFULLY ALIGNED WOMEN





Always go with your  
passions. Never ask yourself  
if it's realistic or not.

*Deepak Chopra*

# Journal Template

## Awareness

What are your biggest dreams & desires? If you knew you couldn't fail, what would you create?

What are the biggest stories that are recurring for you?

What are the biggest fears limiting you?

When these fear thoughts come up, what do you make it mean about you?

If you can feel into that these are normal human experiences...what do you feel now?

### Steps to Release the Energy from our Energy Field

Step 1:

Step 2:

Grace



**Story**

With more grace & compassion for yourself as a normal human being, what could your new story be?

What is the agenda of your soul and how can you expand it?

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