

RELATIONSHIP WITH SELF & SELF ENQUIRY

WEEK 1 - DAY 1

In our 5 Day Challenge, we explored the question "WHO AM I?"

Without thinking you answered.

Then we asked you "WHO ARE YOU, THAT IS MORE THAN THAT?"
To get started we are going to explore this question again.

WHO AM I?

WHO AM I, THAT IS MORE THAN THAT?

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Now answer these next questions. It is now time for self-reflection.
Sit with and notice the changes. Acknowledge your thoughts and
your feelings.

What is different for you since the 5 day challenge when you did
this the first time?

How do you feel?

How are your thoughts different?

How has this exercise allowed or helped you to show up differently?

We are also going to write a new letter, a letter to that amazing
person who is now so much more already.

RAISE
YOUR
VIBE

90 DAY RESET

M MINDSET
MASTERY • NLP
Transformed For Life