

My Personal Journey

Objective

To identify our habits and our vision, which is the genuine possibility of living our lives in complete freedom of expression.

Pause

Think about a process that goes through a number of stages:

The discouraged - What am I fed up with?

What have I had enough of? This is the stage of disillusionment - the understanding that I am ready for a change.

The journey stage... Here I do soul-searching. What qualities do I have that will support me

through the journey? What are the obstacles that will stop me moving ahead? I actually have to map out the provisions that I have for the journey.

What is my vision? What do I want to invite into my life? What is my desire? Where do I want to get to?

Expand & Connect

Now we are ready. So let's go... Choose 5 cards, at random or openly, and set them out on the chart in order. How can the cards help us answer the questions?

Focus & Action

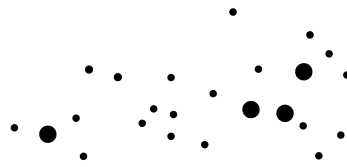
Write down the main insights you have reached. Write down three actions that will express these insights into practice and advance you to a better year: one for the next 24 hours, one for next week and one for the coming month.

[1] What have I exhausted in my life? What is restricting and limiting me?

My card:

[2] What strengths do I have?

My card:



[3] What obstacles will block my path?

My card:

[4] What is my ultimate destination?

My card:

[5] What habit do I need to change in order to take the first step?

My card:
