



SELF CONNECTION

Guidelines for connecting with your deepest values in this moment - A journaling practice

Intention: Take a moment to sit with yourself and set your intention for this self connection exercise.



Allow: Let it all out! Start with 10 minutes of intuitive writing. Let the words flow and simply write out whatever thoughts are in your head right now!



Connect: -Take a look at what you have written, using my feelings and needs list, see if you can identify the feelings and needs that are written in your txt



Dream: Choose 1 of the needs you have Identified. Look at this word and ask yourself - why is it important to me? What does it mean to me? And what does it look like in my life?