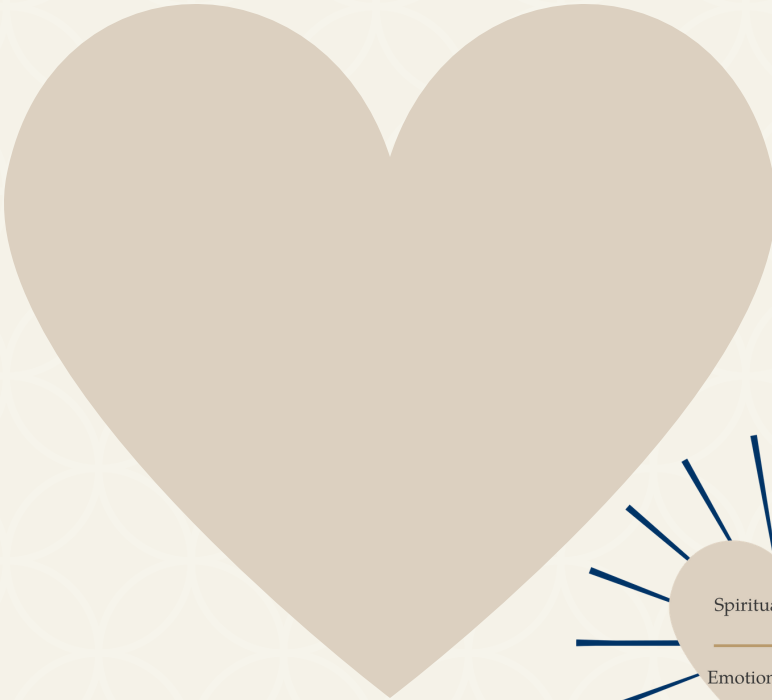


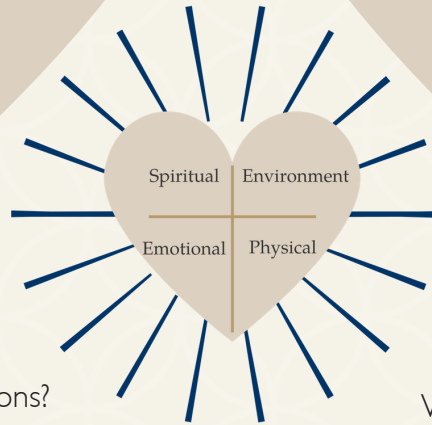
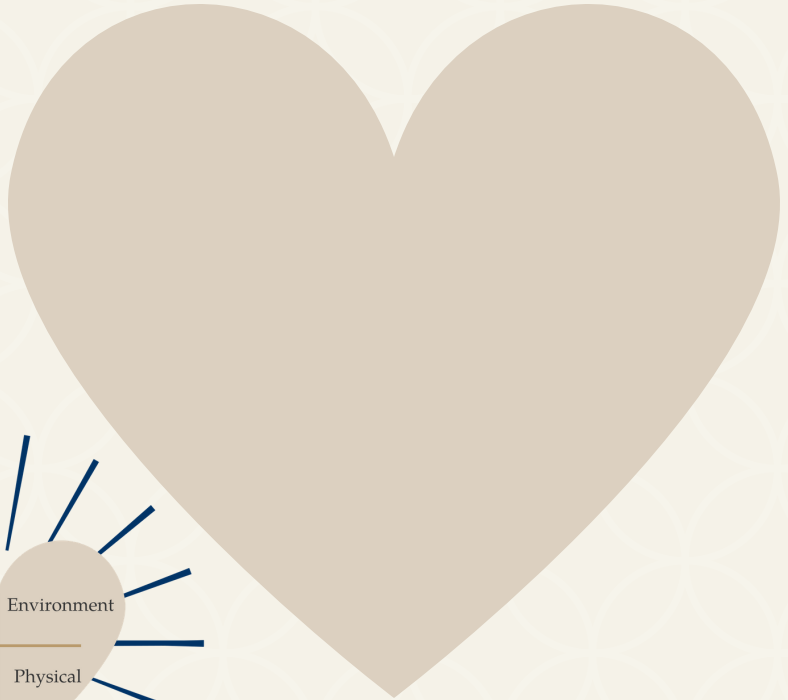
My Spiritual Life

How do I feel spiritually? Do I feel connected with God?
What is one thing I can do to grow spiritually?



My Environment

Am I in a place where I can be me? Am I self-conscious?
What is one thing I can do to put my feet on solid ground?



My Emotions

How am I caring for my emotions?
What is one thing I can do to achieve balance?



My Physical Health

What am I longing for physically?
What can I commit to for me to move closer to my goal?



SOULWORK

Today's Date: _____

"We cannot solve our problems with the same thinking we used when we created them."

- Albert Einstein

