

1
Dream

2
Life

3
Shadow

4
Let Go

5
Self
Care

1-Dream: How is my current situation supporting my dream?

2-Life: How am I supported in my current situation?

3-Shadow: What are the limiting beliefs, fears, & patterns that are hindering my progress?

4-Let Go: What do I need to release for my highest good in this moment?

5-Self Care: What can I do to best support myself during this time?