

Spiritual Time Out: How Faithful are You to Your True Self?



Look back at the last year and get a sense for your conscious connection to the deepest and wisest part of yourself.

How actively connected do you feel to your True Self?

How faithfully do you honor the guidance that you feel from within, in your actions and your life?

How do you stay connected with your True Self?

What do you want to shift in your relationship with your True Self?

What are your first steps in making that shift?