



## Awareness and Allowing Prompts for Clarity

Write the answers to these questions in your Journal.

What is the Challenge?

How do you See it?

How do you Feel about it?

Do you Judge it?

Where do you notice it in your body?

What is a potential solution to the situation...Name At Least 3

Pretend or imagine that the solution took place...Write it down

How does it feel now that the solution took place in your visualization?

Write down at least 5 positive feeling states.



# Awesome Life Success

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