



Reflection Questions-

Where is fear holding me back?

Why am I choosing to let fear control my happiness?

Is there any truth to my fear?

How would things change if I stepped forward towards happiness?

How often I am aware of choosing unhappy or happy?

When I wake up.... are my first thought positive or not so positive?

What little step can I make daily to step forward?

Laura Haslen

Spirit Hands Healing

Cards are from

Miracles Now Card Deck

By Gabrielle Bernstein