



#### Reflection Questions-

Where am I being impatient?

Am I being the best version of my Self daily?

\*If I do my best... that helps me understand what my purpose will naturally be linked to.

Am

I being true to self or living with what I feel is the expectations of others?

Do I feel I am being true to self most days?

If not, what small steps can I create to being myself in daily interactions?

How often do I feel 'less' and how can I begin to trust all is well?

The more I trust in the flow of life, the more I will feel happy with life..... where do I resist natural flow?

Why is something I am truly grateful for?

Laura Haslen

Spirit Hands Healing

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By Gabrielle Bernstein