



#READY FOR PURPOSE

DAY 2

RELEASE

Use this worksheet to help you through day 2 and make sure to listen to the live on my Facebook Page also!

Has there been a time in your life that you have been in alignment?
When was that and what were you doing?

In what way do you feel that with every step forward you are going 5 steps backwards? What part of your life feels like this?

Where has the past or past experiences been holding you back? What were they and what have you been believing about this?

How can you perceive this differently?

Instead of these beliefs, memories or thoughts write down new versions that serve your highest good.
For example, my belief that I would have an accident every time I moved.
New Reframe : Every move I make and take is one of ease and flow, bringing me more into alignment with my soul mission. The moves I make always go smoothly and effortlessly.

What is unfinished? What loose ends do you have to tie up? What project did you never fully commit to? What did you say you'd do but haven't?

What can you do now to either finish them, delegate or let them go?



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DAY 2

CONNECTING WITH YOUR PURPOSE & MISSION

TODAY'S SUCCESSES

(write down everything that went well, felt good, you completed, said no to or yes to that felt in alignment). Do this every day if you like.