



Date: _____



Getting to Know Myself

Answer the following questions. There are no rules.
Just let your heart speak!

Am I truly happy and at peace with myself? Why or why not?

What is my “Higher Self” like? Describe in detail.



What areas of my life aren't aligned to my "Higher Self"? Why?



How can I start living more like the ideal person I wish to become?

What do I believe is the meaning of my life?
