

Soulmate School Writing Exercise #5b: Recap on Receiving

As you complete Lesson 4, give yourself some time to reflect on the following questions. Writing it down will help you integrated the shifts you made to Let the Love In.

1) How can I allow myself to receive more in my life?

2) What behaviors do I do that let me know I'm feeling vulnerable?

3) Who do I let into my heart? What are the rules?