

Somatic Boundary Work

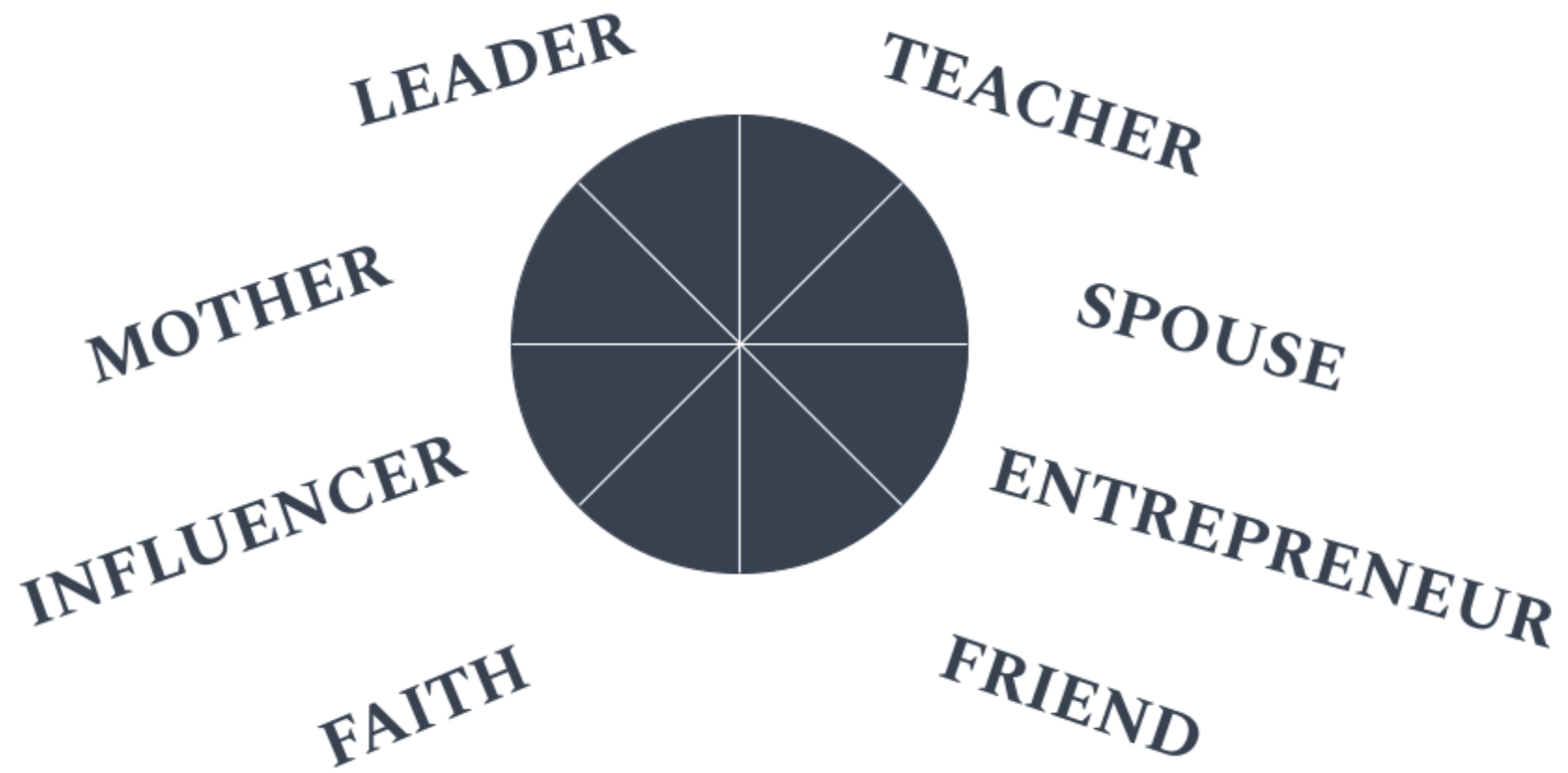
EXPAND & INSPIRE

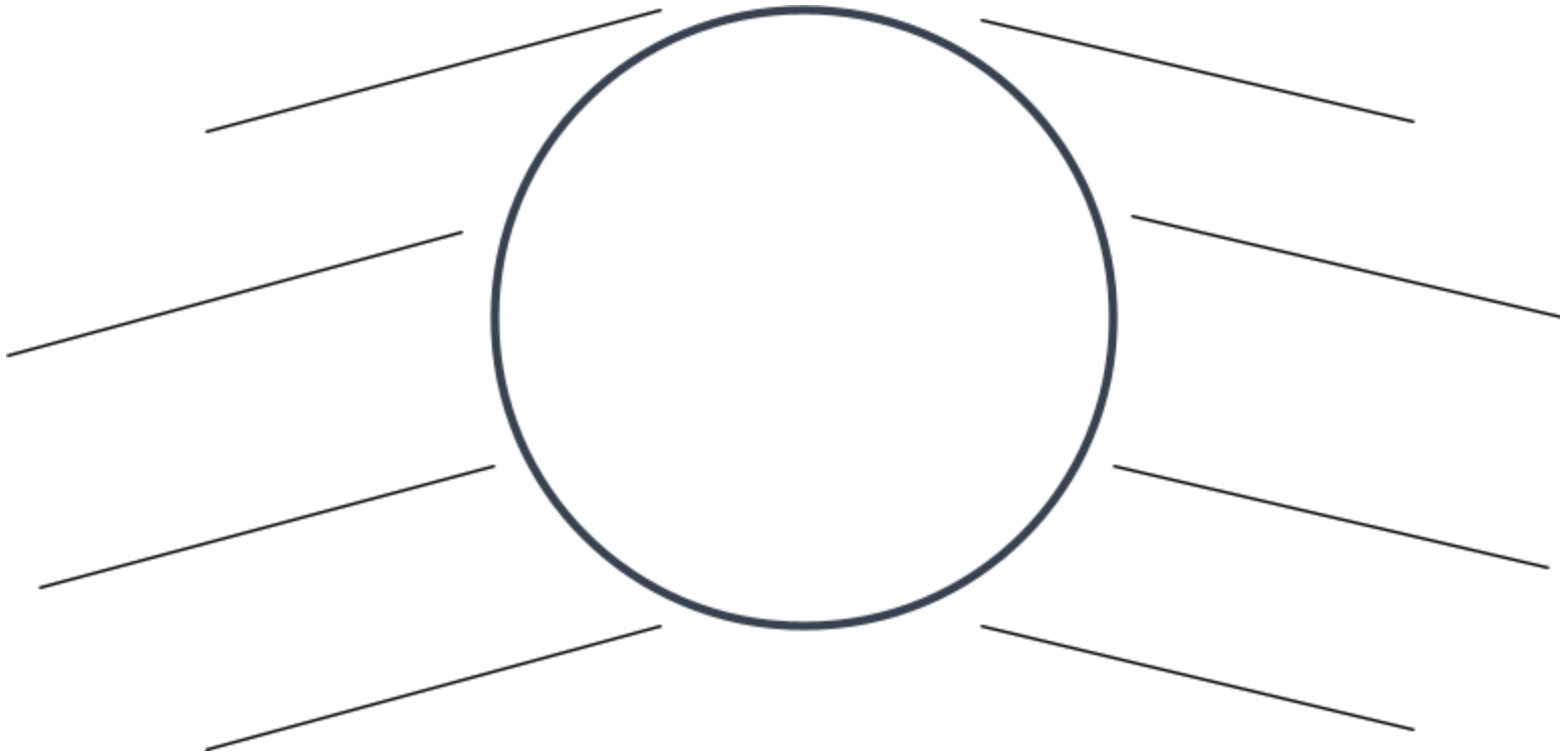
What does success look like for you? Almost like describing a vision you see, or a dream you have, top to bottom. The most true vision, leave nothing out. Include Career, Health, Money, Time, Relationships...

Describe the parts that “make up” that person in the vision, describe each part in full! (For instance, as a leader, teacher, influencer, entrepreneur, mother, spouse, in your faith, etc)

What are your core values? What do you stand for and against?

How does the above connect to your mission in life?





Please use the blank space on this paper to record how you feel after the meditation or any a-has that came up.

Then write down what you want to capture from your experience. Fill in the 8 spaces with the identities or roles you juggle the most. Allow the exercise to inform how you divide up the "pie" of the circle integrating this experience.

Take a picture and send it to Nicole at nicole@thepowerwithinhealing.com!