

WHAT I NEED:

What I've discovered about myself in the past 4 weeks: (little discoveries count!)

When you are confused, wipe away all the uncertainty and start with the foundation of who you are, even if it's just, "I love my family." or "being outside in the garden makes me relax."

and your support team (add a description of how you can help on them.)

Authenticity in the heart

WEEK FOUR

Believe in the beauty of your dreams

What do I know for sure?*

The universe cannot hear authenticity.