



## Identifying Your Greatest Challenges

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Journal about or meditate on the following statement:

"If I tell myself the truth..."

**1** What soul challenges have I overcome in my lifetime?

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What are the fears driving these challenges?

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What are the possible gifts on the other side of these challenges?

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**2** What recurring challenges have I had to face that are driven by my beliefs, patterning, or programming?

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What are the fears driving these challenges?

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What are the possible gifts on the other side of these challenges?

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**3** What challenges have I brought upon myself by NOT listening to my soul's voice?

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What are the fears driving these challenges?

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What are the possible gifts on the other side of these challenges?

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**4** What unexplainable challenges have I faced?

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What are the fears driving these challenges?

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What are the possible gifts on the other side of these challenges?

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