



Your Hero's Journey

Tune into your heart and tell yourself the truth...

What is the most challenging thing you have ever been through in your life?

What is a problem you've had to solve or overcome for yourself?

What is the most painful thing you've ever been through?

What makes you different?

What makes you totally vulnerable or feel weak?

What's one thing that people always ask you for help with?

What are three of the greatest lessons you've learned in your life?
