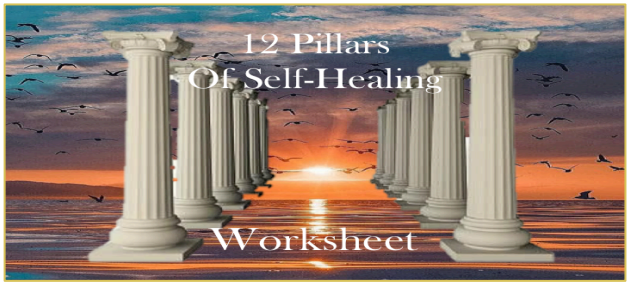

Take your consciousness into your heart, breathing deeply, feeling into what you need and want. Then write your responses under each respective heading. Give yourself as much time as you need to perform this. Remember - breathe and allow.

At the bottom of the page make a list of action steps that you create for yourself, allowing and giving yourself permission to have the things that you need and want.

What I Need:

_____
_____
_____
_____
_____
_____
_____

Action Steps I Will Take:

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_____
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What I Want:

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Action Steps I Will Take:

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_____

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