



Session # 9: Action Guide

Personal Power

The are I **choose to focus on** this week is:

This is **important** to me because:

By next week I would like to be experiencing the following in this area:

Action Steps

- Complete “**Personal Power**” Homework
- Action steps I’m continuing and/or upleveling:

AHA’S/Notes:



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Post-Meditation Journaling Exercise

What (if any) negative thoughts hold you back from your life or from loving yourself and your body?

What is the emotion associated with this thought? Anger, jealousy, betrayal, disappointment, loneliness?

Where does this wound come from? Is it something you were told as a child? Whose voice is that?



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What was the positive intention they had for you?

Where do you feel it in your body? (See Woundology handout)

How is your relationship with your body a mirror of your relationship with your life or circumstance?



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Woundology

Where Do You Feel Stuck In The Body?

Releasing Personal Power...

Arm Pain: What am I holding onto or embracing that needs to be released?

Back Pain: Who or what is causing me to bear an undue burden?

Digestive Problems: What ideas, beliefs or experiences am I having trouble digesting?

Eye Pain/Problems: What needs to be seen that I've ignored?

Fatigue: What in life is wearing me out and making me sleep or shut off?

Hearing/Ear Infections: What am I not hearing that must be heard?

Leg Pain/Cramps: In what ways am I not standing on my own two legs?

Lung Problems/Shortness of Breath: How am I struggling to breathe in life and experience?

Neck Pain: Who or what is being a pain in the neck?

Ovarian Problems: What am I longing to create that I haven't, or what have I created in my life that I wish to move away from?

Being Overweight: What do I fear most, and how am I surrounding myself with layers to protect me from what I fear?

Being Underweight: How is my boundary between myself and the world around me in need of development and strengthening?

Throat Problems: What am I not speaking the truth about?



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Personal Power Homework

(Complete before Session #10)

What is one area of your life that you would like to create something new?

What is one thing you need to let go of in order to create that new thing?

Who do you need to forgive in order to fully let go and reclaim your power?

What is the risk in letting go of this story? Who would you be without this story?

What new perspective can you have on yourself or your life that gives you freedom to grow?

What new attitude can you adopt that supports your best life?
