

# *trust your* **JOURNEY**



## **Exercise: Connect With Who You Really Are - Page 1**

How does the idea of being a soul in a human experience (a soul in a physical body) resonate with you?

What emotions or feelings arise when you consider that you are an extension of source energy?

How does it feel to know that you have a powerful connection to your Higher Self and the Spiritual world?

# *trust your* **JOURNEY**



## **Exercise: Connect With Who You Really Are - Page 2**

Reflect on moments in your life when you've felt aligned with your true self, with who you really are. What were you doing, and how did it feel? (Hint- Moments where you felt love, joy, peace, or gratitude, where you felt really good, are moments where you were aligned with your true self.)

What are some ways you can consciously connect with source energy throughout your day?