



You thought you were ready to take on the world, but **excessive worry** is kicking your butt. The ideas keep pouring in but you feel exhausted and mentally cloudy, overwhelmed with thoughts of all the things you need to do. Meditation sounds cool, but you can't figure out how to quiet your brain? You make a commitment to start journaling, but it never quite sticks.

Maybe you've begun to kick yourself because you have thoughts of being unworthy-even questioning the accomplishments **you've earned**, you have fears of missing out on life because everyone's Instagram says you should be dating, engaged, married, own a home, traveling weekly or having kiddos. Or, could it be that you've said yes to others so many times that neglecting **YOU** has become the norm?

How would it feel if you could be open with yourself, improve the way you think, and heal the parts of your spirit that is preventing you from living your very best life?

How would it feel if you could **JUST. BE. YOU?**

Are you ready for the journey of your life?

If so, get your copy of The Invitation - your personal guide to self discovery.

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1. What am I holding onto
out of fear?

2. What would it look like to treat
myself as sacred?

3. What does self-trust mean to me in
this season/phase of my life?

4. How can my attitude in this current circumstance
either hinder or help my next 2 weeks?

5. Which quote can be used to push me through my current
(or past) hardships? What about this quote spoke to you?

6. How did I find more contentment in my idle
time this past week?

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