Treat this workbook as a journal to track your progress for a month at a time.

Journal Entry 1
Write a paragraph or so at the end of each day on how something or someone got you to look within (at your inner self) and what you uncovered about you on this day.

_____
_____
_____
_____
_____
_____
_____

Journal Entry 2
Write at least a sentence for how finding your place from within played a role in your: feelings, actions, thoughts and behaviors; daily.

Feelings_____
_____
_____
_____

Actions_____
_____
_____
_____

Thoughts_____
_____
_____
_____

Behavior_____
_____
_____
_____

Journal Entry 3
List every decision you made in the day and next to it what that tells you about yourself from the heart.

_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____