

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 the day helped you to find your place from within.

Journal Entry 2

Write at least a sentence for how control and/or self-judgement play a role in finding your place from within, and how this affects your: feelings, actions, thoughts and behaviors; daily.

Feelings _____

Actions _____

Thoughts _____

Behavior _____

Journal Entry 3

When it comes to finding your place from within, how does your heart's voice scale in comparison to your mind's voice; is one louder than the other, and what does this mean to you.
