

# HOW TO CONNECT IN WITH SOURCE

## *After a Break!*

*Identify* WHAT EMOTIONS YOU ARE FEELING RIGHT NOW

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Perception* WHERE DO YOU FEEL BLOCKED OR HELD BACK

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Ground & Release* WHAT CAN YOU LET GO OF

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Lift your Vibe* WHAT GIVES YOU JOY + MAKES YOU HAPPY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# HOW TO CONNECT IN WITH SOURCE

## *After a Break!*

*Intention* WHAT ARE YOUR GOALS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Techniques, Ritual, Prayer & Tools* THAT YOU ENJOY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Create & Connect* PUT IT ALL TOGETHER

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Results* WHAT WORKED ( KEEP ) + WHAT DIDN'T ( DISCARD / SHIFT / REFRAME )

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_