

Be more conscious
of myself and
do what makes
me happy

To take action
and make changes
in my life

my core ★

To be true
to my core

go with
my gut
feeling

Got to know
my team better

Team Building

To learn and grow within myself

I am going to create
a relaxing place in my
home to be still and
rest my weathered
core

Weather
core

It's ok
to be
emotional

A safe place

Nov 14 2004



Growth



To empower everyone in my life and on my journey.

To love and receive

To make time for the important things, people in my life, myself

I learnt I'm the Air Core.



I learnt I ~~may~~ will make some small changes to make the bigger picture for my life.

Openness and a willing to learn.

Not sure

Relaxation from home.

Nov 19
Lampen

Keep continuing along
with my healing & going
to a better place within...

learn't that
i still have
alot of work
to do on
myself....

Not sure what i
expected, but it
wasn't expected to release
what i went through...