



WHOLENESS & HARMONY

QUESTION #1: Journaling and reflection practice this week: Be aware of which aspect of you is making different decisions throughout the day or week and why? Which one of your HEART, BODY, MIND, SPIRIT are decision making when you're eating, sleeping, working, talking to a partner or family member, exercising, hobbies.

QUESTION #2: Are there any decisions where different aspects of you are opposing each other? What wisdom does each aspect have for you?

QUESTION #3: How can you include the wisdom of all four aspects of yourself in each decision you make and how would that expand your awareness of the situation?