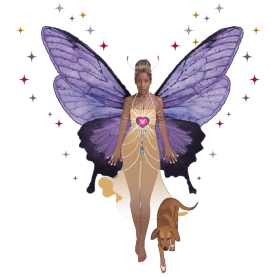


Re-mem-bering Me

An exercise in putting your Authentic Self back together and recognizing where you may want help.

Let's get started...

As you move toward awakening your inner Badass Butterfly, it is important that you have an understanding of your own story—that is, what you are experiencing in this lifetime. Please answer the following questions as thoughtfully as possible. Take some time to ponder them as needed. If you are uncomfortable with a question, move on and come back to it later, or leave it blank entirely. For all blanks below, take as much space as you need. Keep in mind that as you ponder these questions, you are calling in opportunity from the Universe. As you write out the answers, you are shaping the Universe. Don't be half-assed with this. It is a communication between your conscious mind and your Higher Self.



What emotional states must you embody in order to consider that your life has been satisfying and well-lived? For example, happy, excited, peaceful, etc. In other words, how do you need to be feeling emotionally in order for you to be able to say that you have lived a great life?

What accomplishments or measurable events must occur during your lifetime so that you will consider your life to have been satisfying and well-lived? A life with few regrets... Make a list of things you want to achieve.

What accomplishments or measurable events must occur this next year for you to consider your year satisfying and well-lived?



If there were a secret passion in your life... something almost too delicious to tell, or too impossible to realize... what would that be? Don't be afraid to claim your power!

If you were living the lifestyle you would really want, what would that look like? Give details. Paint a colorful picture.



If you could devote your life to one pursuit, without consideration of such issues as money, education, obligations to others, what would that be? Why do you choose this?

What, if anything, is missing in your life, the presence of which would make your life more fulfilling?

What are your physical goals at this time? I.E. What do you want for and from your body? Explain why.



What were your material goals in adolescence?

If you had a five year goal and you had the continuing services of a Spirit Guide to help you make it happen, and if money was not an issue, what would that goal be? What difference would working with a Spirit Guide make?

If you trusted your Spirit Guide enough to tell him or her honestly how best to communicate with you, how far to push you, and how to obtain the best results from you, what tips would you give him?



What else would you like your Spirit Guide to know about you? Are there any questions you would like to be asked?

Please identify five areas that you want held as your MAIN focus during the next year. For each area, provide a simple heading and then a description of a measurable result.

Focus #1:

Focus #2:



Focus #3:

Focus #4:

Focus #5: