



Your Highest Self

Your Highest Self Activity Sheet

WATCH WORKSHOP ONE AND THEN USE THE FOLLOWING PROMPTS TO MORE DEEPLY EXPLORE THE ENERGY OF YOUR HIGHEST SELF AND WHAT IT FEELS LIKE TO LIVE FROM YOUR HIGHER SELF ENERGY. WRITE EACH PROMPT IN YOUR JOURNAL AND BREATHE INTO THE ENERGY OF YOUR HIGHEST SELF BEFORE YOU WRITE YOUR RESPONSE.

CHOOSE 3-5 WORDS TO DESCRIBE THE FEELING OR ENERGY OF YOUR HIGHEST SELF.

DESCRIBE HOW THE ENERGY OF YOUR HIGHEST SELF FEELS IN YOUR BODY.

WHAT PRACTICES, TOOLS OR PLACES HELP YOU CONNECT WITH AND AWAKEN THE ENERGY OF YOUR HIGHEST SELF?

WHEN YOU ARE CONNECTED TO AND EMBODYING THE ENERGY OF YOUR HIGHEST SELF,

HOW DO YOU TALK TO YOURSELF?

HOW DO YOU MOVE OR HOLD YOUR BODY?

WHAT DO YOU BELIEVE ABOUT YOURSELF?

WHAT FOODS DO YOU CHOOSE TO EAT?

WHAT THOUGHTS DO YOU THINK?

HOW DO YOU LOVE TO EXERCISE OR MOVE?

WHAT ARE YOUR DREAMS, GOALS AND DESIRES?

HOW DO YOU DRESS?

HOW DO YOU TAKE CARE OF YOURSELF AND PRACTISE SELF-LOVE?

HOW DO YOU ENCOURAGE YOURSELF THROUGH SETBACKS OR FAILURES?

DESCRIBE AN IDEAL DAY LIVING AS YOUR HIGHEST SELF. WHAT HAVE YOU CREATED AND MANIFESTED IN YOUR LIFE BY LIVING IN THIS ENERGY? WHAT DO YOU SEE?