

Week 4 Journal Questions

DAY 1 | Wealth & Finances

- How happy are you with your wealth and finances?
- Are there any areas where you can cut spending ie. areas that you over spend?
- Are there any unhealthy patterns that you are contributing to financially?
- Create a plan to start saving a certain dollar amount each month. If you already do that, visit your investments - how healthy are the returns?
- Do you feel ethical in your spending and investments? What are you insights from today's questions?

DAY 2 | Self Image

- Now having visited the 6 bodies, what is your overall self image of yourself?
- How do you feel about your physical body?
- Has anything changed since you answered that question on day 12?
- How do you feel about your balance within your emotions and thoughts?
- How do you feel about your agility within your emotions and your ability to communicate?

- How well connected to your intuition do you feel?
- Are you satisfied with your energetic impact on others and your ability to read other's energy?

DAY 3 | Impact

- Who do you feel comfortable in asking for feedback regarding your overall impact on others?
- How do you feel would be the best way to ask for this feedback?

DAY 4 | Career

- How satisfied do you feel within your employment?
- Are there any changes you wish to make?
- Are there any changes you can make within your ability to communicate within your workplace?
- Are you able to create a plan to better care for your 6 bodies within your place of employment?

DAY 5 | Final Commitments

- What final commitments would you like to make for each of the 6 Areas of Life?
- Create a list of commitments, and a plan to execute each one.

DAY 6 | Celebration Plan, Insights

- Record all of your successes from this program (in your Celebration Journal).
- Review ALL of your success and celebrations.
- What are ALL of your insights from this program?
- What is your biggest take away from this program?
- Create a final celebration for the NEW YOU!
- From your 4th week, which thought do wish to leave behind?

DAY 7 | Celebration Execution

Go and celebrate! Share you celebration in our forum, and also record it in your celebration book!

Congratulations on becoming a NEW and POWERFUL you! We look forward to working with you soon again.

Much love and many blessings:

Hali & Rhoni