



Week 7 Video Journaling Guide: Get to know your Gremlins!

1. Where were the sticking points (friction) in your Wheel of Life in this exercise?
2. What does the conflict look like now in your life? (Hint: What are you desiring? Is there anything you're afraid of happening if you receive this?)
3. What are the feelings this brings up for you? Where are they held in the body?
4. What is your earliest memory of feeling this way? How far back can you go? (Keep it simple; who's face appears? What's the basic scenario?)
5. What is the limiting belief that is being held as true? (Hint: If I receive my heart's desire in this area... I'm afraid...")

Do the week 7 guided meditation (recording excerpt) to release this emotion. Ride the wave all the way to shore. Make sure to sit in stillness to integrate.