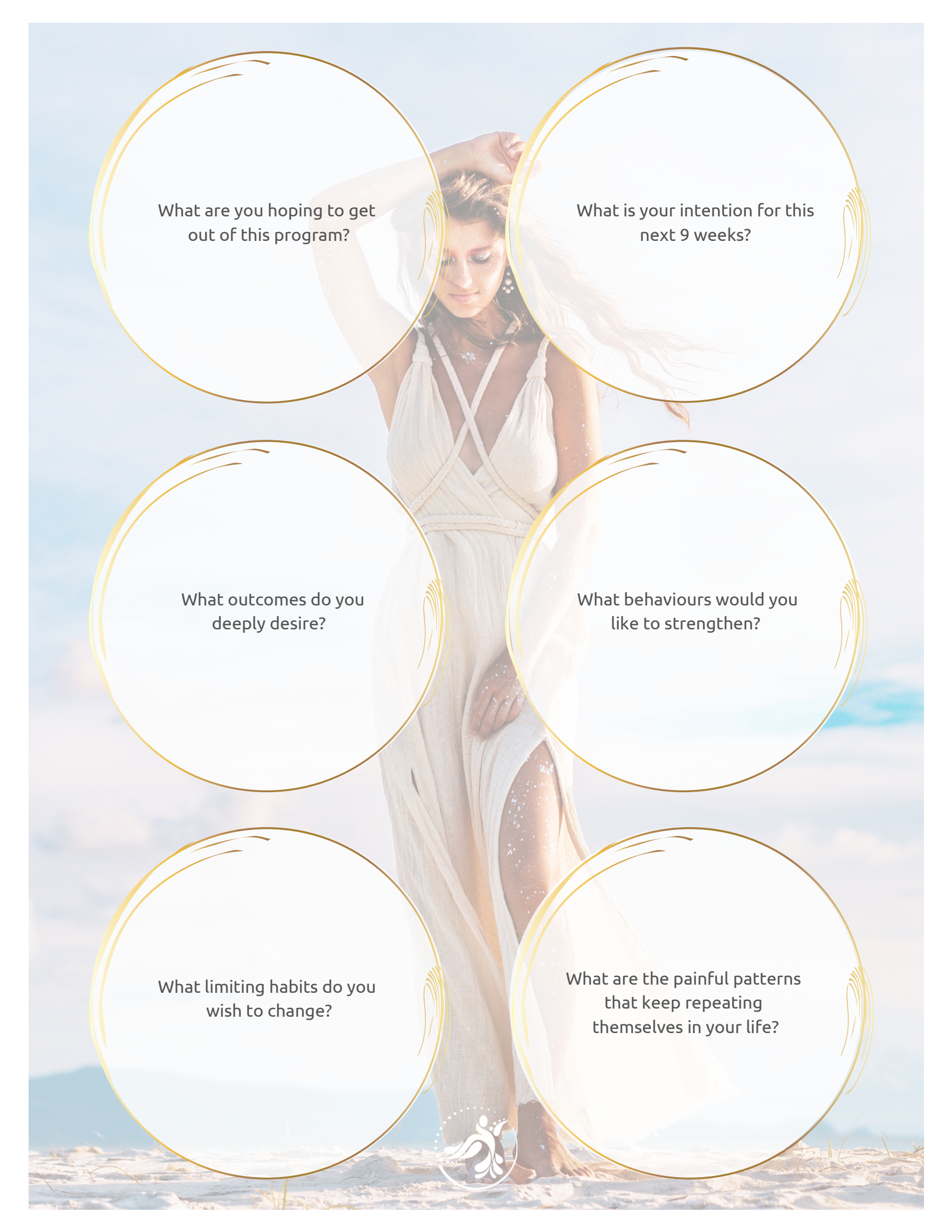




Healing Initiation

~ Heal Your Life ~

A woman with long brown hair, wearing a white halter-neck dress with a high slit, stands on a sandy beach. She is looking down and touching her hair. The background is a bright, hazy sky. Six large, overlapping circles with a gold-colored, hand-drawn border are arranged around her. Each circle contains a question in a dark, sans-serif font. The circles are semi-transparent, allowing the woman and the beach to be seen through them. At the bottom center, there is a small logo of a stylized figure in motion, surrounded by dots.

What are you hoping to get out of this program?

What is your intention for this next 9 weeks?

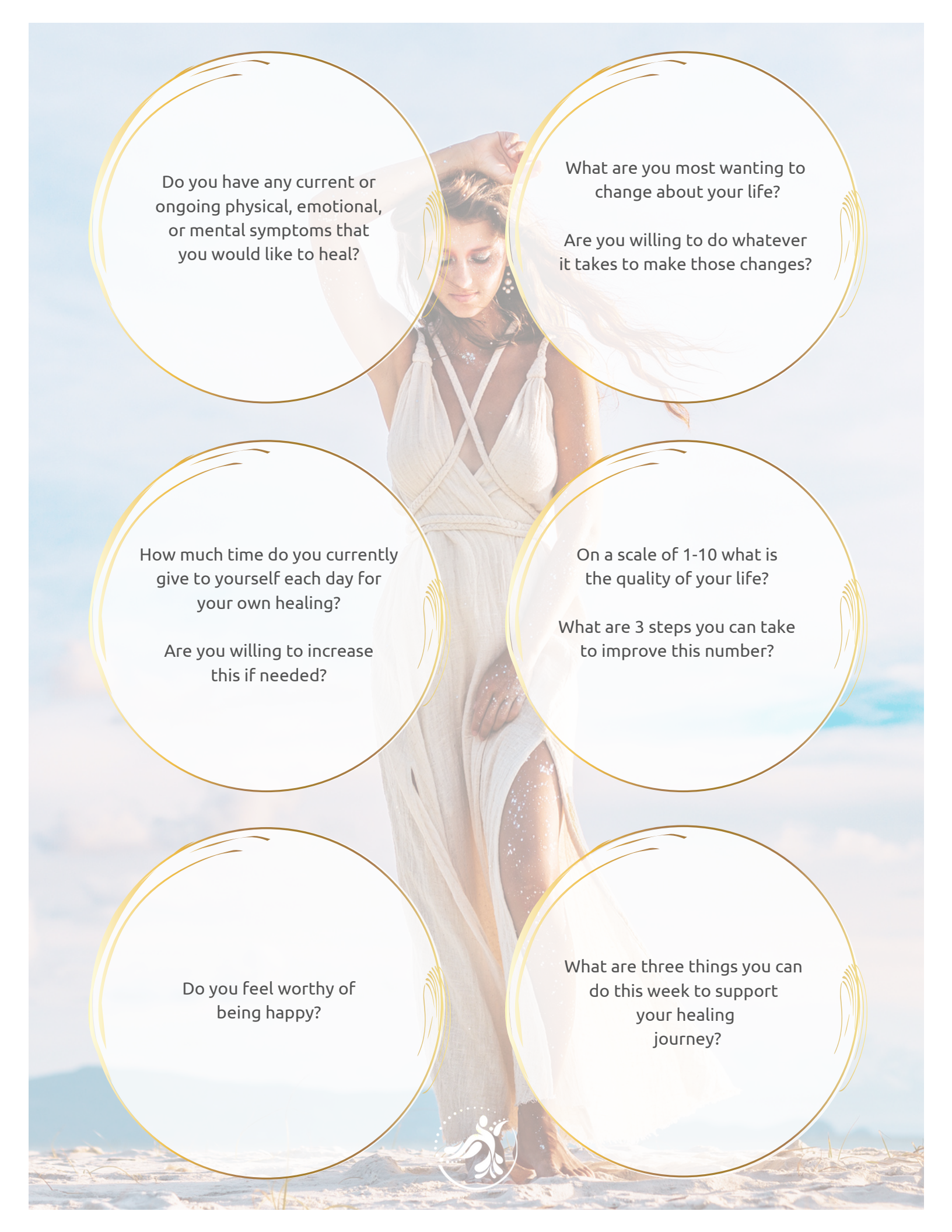
What outcomes do you deeply desire?

What behaviours would you like to strengthen?

What limiting habits do you wish to change?

What are the painful patterns that keep repeating themselves in your life?





Do you have any current or ongoing physical, emotional, or mental symptoms that you would like to heal?

What are you most wanting to change about your life?

Are you willing to do whatever it takes to make those changes?

How much time do you currently give to yourself each day for your own healing?

Are you willing to increase this if needed?

On a scale of 1-10 what is the quality of your life?

What are 3 steps you can take to improve this number?

Do you feel worthy of being happy?

What are three things you can do this week to support your healing journey?

