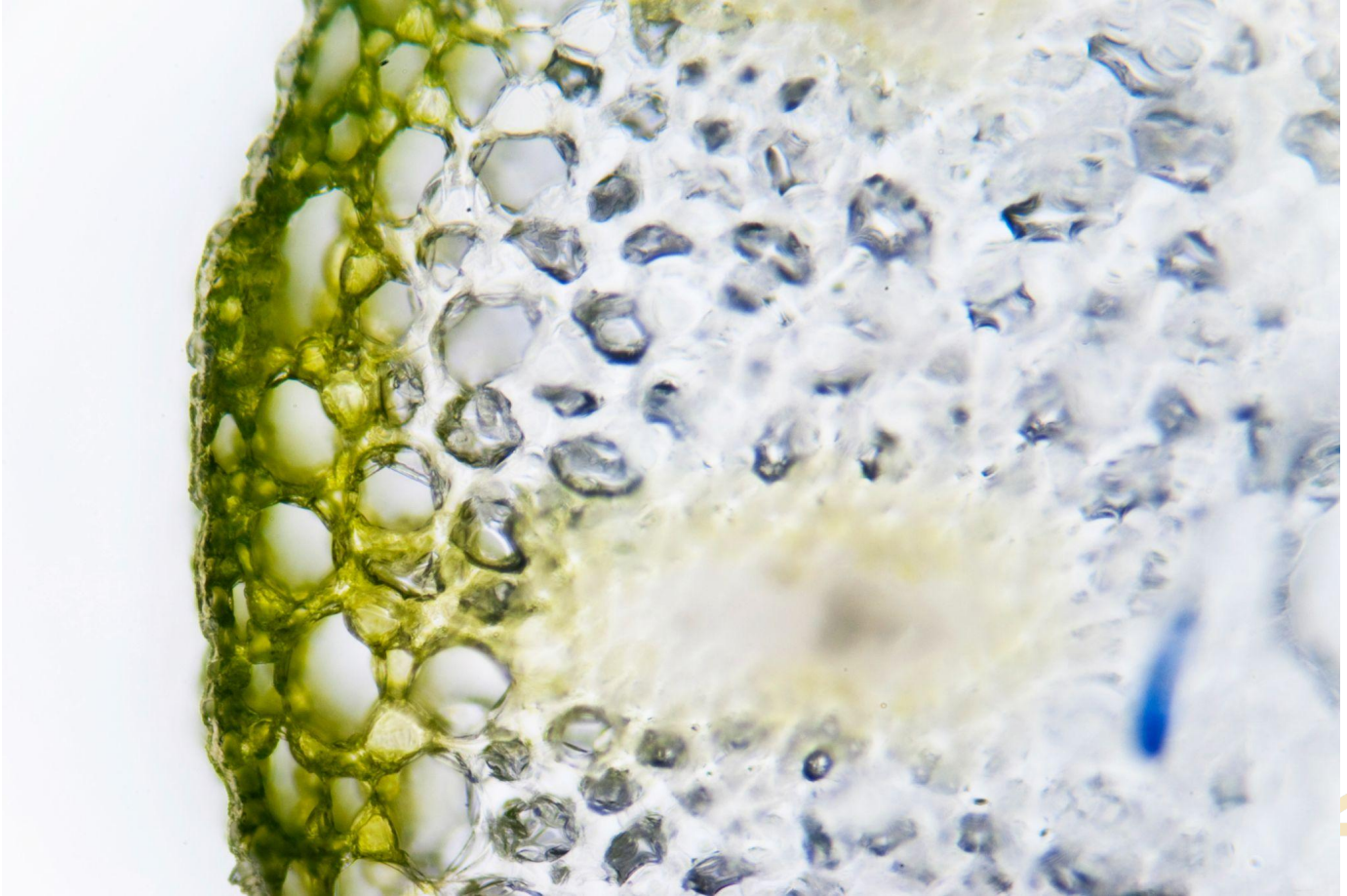


THE
ELEMENTAL
BEING



The Elemental Practice of Truth Telling

We unite to gain strength, inspiration and direction. ◀



Worksheet for The Elemental Practice of Truth Telling

What you need: a pen and paper

What are **THREE** things or events that were challenging for you this year? It's ok if there are less or more than three.

1.

2.

3.

What was the most challenging part of it?



How did you feel then?

How do you feel about it now?

What do you need to forgive yourself for?

What do you need to forgive others for?



What is still “Stuck”?

What have you buried in you?

Where have you buried it?

Who do you need to share this truth with? To be truthful is to be kind. It shows others you want to grow with them. It’s truly a gift only you can give.
