



Total Solar Eclipse Worksheet

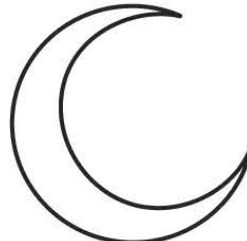
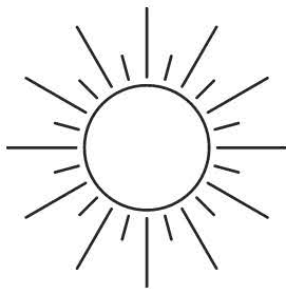
Identify the old wounds, beliefs, thoughts, and feelings to leave behind that prevent you from connecting with your ideal future

Possible themes:

- Independence
- Your unique identity
- Blocks to freedom
- Who you are as an individual
- Courage to be who you are
- Ability to make own decisions
- Ability to take action towards your goals
- Blocks to putting energy towards your goals or things that are healthy for you



Imagine you are stepping through a gateway, a portal of sorts and can leave behind these things that don't serve you.



What does your life look like on the other side?

THOUGHTS

FEELINGS

ACTIONS

CHOOSE TO BELIEVE THAT YOU ARE SUPPORTED BY UNIVERSAL ENERGY