



E Date : / / () Time : Location :



C Date : / / () Time : Location :



G Date : / / () Time : Location :



B Date : / / () Time : Location :



Today's Insight

Write down the words that resonate
with you the most today.
One insight each day leads to a deeper you.

D Date : / / () Time : Location :



E Date : / / () Time : Location :



A Date : / / () Time : Location :



H Date : / / () Time : Location :





E What values and beliefs are important to me?



C What is important in my relationships?



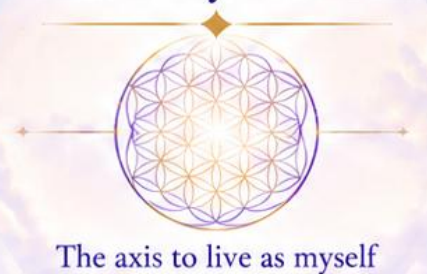
G What kind of future do I want to nurture?



B What is important for my
mental and physical health?



What is My True Self?



The axis to live as myself

D What is important in my work
and activities?



E How do I think about money and abundance?



A What is important in my daily life?



H What is important for my personal growth?

