



Be ME

Dawn Lucht



Contemplation



For the next week, observe how you operate in the world and how the world responds to you.

Ask yourself the question "what is my belief in this situation?".

What do I believe about myself, relationships and the world.

Write it down with no judgements and then ask yourself:

"are these thoughts really true?"

and

"who do I want to be?"

and

|what does that look like?"

Contemplation



In what ways can I show myself love and respect?

Fill in the petals of this flower with important ways you like to show yourself love.



