

Which ritual/s in the Inner Temple program touched me which one would I like to continue in my life with? Full moon, new moon? Gayatri? Despacho? Water Ritual? Earth Altar?

Energy / emotions

COMMITMENTS:

What is 1 thing I'm going to bring into my life to help me build energy in the direction of my vision? and WHY? Eg - Get singing lessons once a week! WHY because it helps me build confidence and knowledge to express of my heart freely. Also, 1 thing you are going to remove from you life and WHY. Eg - turn my phone, wifi off at 8am so I'm not sucked into draining my time and energy and ready to go to sleep early so I can have more energy and clarity the next day.

MOON CYCLES (optional)

Marking your calendar when the full moon and new moon is, and mark 3-5 days when you are due to bleed. Keep those days free as possible so I can rest and reset for the next cycle.

New moon for setting new "commitments" and full moon celebrating the beauty/achievements that have happened in your life.

Body

How is my body and why does it need to have balance? Dance, Yoga, Swimming? Weights? Personal Training? Strength and/or flexibility

Support

How is my outside support to help me understand deeper my current situation?

Example Osteopath to help with my back pain. Naturopath to help me with my diet and skin problem.

ALSO - Who are my close friends you can call share anything with them and they cheer me on?

How can I spend more time with those who inspire me?