



# Follow Your Inner Guidance

Date: .....

Reflect on your process

Watch the completion video and observe one more time all the cards and what you created in the process.

**What insights do you take with you from this process?**

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**Which is the most meaningful one for you right now?**

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**How will you express your insight in your life in a practical way?**

Action to be completed in the next 24 hours .....

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Action to be completed in the next week .....

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Action to be completed in the next month .....

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