



*Be your best self, there is only one YOU.*

On my journey to best version of myself, I came to understand happiness was an inside job, and all the answers I ever needed were within me. At first this was not a relief, it was scary. I craved control in my life and yet the one thing I had lost control of was my true self. How was I supposed to get back to the real me, to find the happiness that seemed to elude me no matter how perfect my life looked like it should be?

It takes honesty, quiet time of self-reflection and really good questions to begin to reconnect with your heart. After years of putting others first and exhausting myself to keep up the illusion that my life was perfect, I crashed. The only way back was to get to the heart of the matter. Who had I become? Did I like myself? How did this person differ from the real me I left behind years ago?

I believe the following questions *only you can answer* will help you begin your journey back to you. They will bring to light the things that fuel your soul, the things you need to thrive. If you truly wish to open the door to change, you will need to answer them honestly and with great thought. Let your unique answers lead you to the next step. If you need help connecting your dots, or reading between the lines of what you have written to get to the heart of it, my help is only an email away. I'd be honored to come alongside you to support change. Thank you for taking time for yourself by daring to dig in to reconnect with your beautiful soul. Namaste —Terri

### BEGIN WITHIN WORKSHEET

1. Bring to mind times in your life when you feel most at ease. Where are you? What are you doing (or what have you just done?)

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2. List things that make your heart happy.

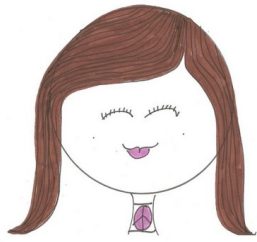
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3. What do you crave more of in your life?

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4. Think of a person you admire. What qualities do they have that you wish you had?

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5. If you could let go of some things to make life simpler, what would they be?

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6. You have a whole day to yourself free of responsibilities, what would you do?

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7. Imagine the end of your life was near, what would you be sorry you didn't do?

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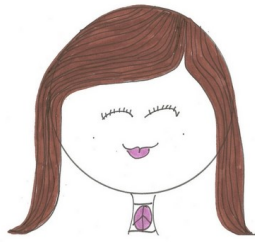
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8. Name three things that bring you back into balance.

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9. Name some things that inspire you.

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10. List your top three bucket list items:

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11. Do you have an inner cheerleader or an inner critic? Describe her/him.

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12. List 3-5 words that describe you.

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13. I need more \_\_\_\_\_ in my life.

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14. I can't live without ....

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Keep in mind there are no right or wrong answers, only *your* answers. If you are struggling to answer one of the questions above, it indicates an area you will need to devote more attention to. Don't give up, you are so worth the time and effort. I know you've got this!