

*Week Four - Self Care (Overcoming Self Sacrifice)
Finding your Golden Thread*



Your golden thread is the key to helping you come into deep alignment with your own authentic self.

Create your own - 'My Golden Threads' Self Discovery Journal.

Create seven envelopes for your self discovery work.

Seven Key Areas:

AUTHENTICALLY ME
AUTHENTIC SUCCESS
AUTHENTIC STYLE
MY SPIRITUAL JOURNEY
AUTHENTICALLY HOME
AUTHENTIC RELATIONSHIPS
AUTHENTIC FUN AND SPONTANIETY

'Maybe the journey isnt so much about becoming anything.

Maybe its about unbecoming everything that isnt really you, so you can be who you were meant to be in the first place'

'Our deepest wishes are whispers of our authentic self. We must learn to respect them. We must learn to listen'