

# THE DIVINE UNION WITHIN

## *Week #1* *Introductory* *Worksheet*

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I'm so excited to begin this journey with you into the heart of your being. During these months ahead you will be illuminating your essence and unveiling your authentic, powerful, wise, magical, divine self, and cultivating your Divine Union Within.

Here are some questions to answer to open your awareness and get clear about where you are now and where you want to be 8 months from now.

1.

WHERE WOULD YOU PLACE YOURSELF ON A SELF LOVE SCALE OF 1- 10 ? (1 BEING LOW ON SELF LOVE)

WHAT ARE YOUR BIGGEST CHALLENGES AND ISSUES THAT PREVENT YOU FROM FULLY LOVING AND CHERISHING YOURSELF JUST AS YOU ARE?



2.

WHAT WAS YOUR CHILDHOOD LIKE? WAS THERE ANY ADDICTION, AND/OR ABUSE IN YOUR FAMILY?

IF SO, HOW DO YOU THINK IT MAY HAVE AFFECTED YOUR SENSE OF WORTHINESS AND SELF LOVE?



3.

DESCRIBE YOUR RELATIONSHIP WITH YOUR MOTHER,  
WHETHER SHE WAS PRESENT IN YOUR LIFE OR NOT?

4.

DESCRIBE YOUR RELATIONSHIP WITH YOUR FATHER,  
WHETHER HE WAS PRESENT IN YOUR LIFE OR NOT?



5.

DESCRIBE YOUR RELATIONSHIP WITH YOUR SIBLINGS IF YOU HAD ANY. WHERE WERE YOU POSITIONED IN THE FAMILY CONSTELLATION?



6.

WAS YOUR IMAGINATION AND MAGIC HONORED GROWING UP? WHAT WAS YOUR FAVORITE ACTIVITY AND GREATEST JOY?

