

REFLECTION EXERCISES: EPISODE 1

Write down your meditation experience, was it easy, hard, why?

What was it like “exploring the weather inside”?

What was it like to “FEEL” the answers?

Any ideas on how your "wiser self" communicates with you, i.e. sound, vision, sensation, etc.? Is this your first time connecting with your wiser self? What other name do you use or prefer for "wiser self"?

Journal your answers to the questions explored in the meditation:

How am I a Leader?

Why am I a Leader?

What is my Purpose?