



Divine Harmony Cycle Code

Stop A - Awareness Planet
H2

- Developing self-awareness – starting to see clearly, developing crown and third eye chakra

Homework

Divide your life into 4 areas - Relationship, Career/Purpose, Health, Finances

Dedicate one page on your notebook to each of the areas

Divide each area into 2 columns

In one column write all the things that **you are not happy with** and leave the other column blank

Relationship

- . With yourself (physical, emotional, mental, spiritual)
- . With those family members
- With relatives
- With colleagues
- Others
- etc

Career

- How do you feel about your career
- Areas you are not happy in your career
- Issues with promotion or salary
- Issues with colleagues/boss
- etc

Health

- Any health issue
- Not happy with your weight
- Diet not healthy
- Lack of exercise
- etc

Finances

- Not enough money
- More money goes out than comes in
- Money does not stay
- Bank balance not healthy
- Not enough savings
- Worried about future income
- etc



You can also use the downward spiral on the emotional scale below to help you identify how you are feeling about those areas of your life.

Emotional Guidance Scale:

