



COLETTE BARON-REID'S
SHARED WISDOM



Module 7

Homeplay 1 - Sacred Inventory

For this exercise you will need:

- The journal you used for Personal mastery
- Your current journal, if it's not the same
- Pen
- Self-love and self-compassion

As you approach the end of Shared Wisdom and your Oracle School journey, it's time to look back and take stock of where you've been and what you've experienced. This is an important piece because it acknowledges and honors the work you have done. As witness to your own life, you have a chance to see the path behind you and notice all the ways you have grown.

Change is incremental, and we don't often see it as we go along. That can sometimes make us feel as though we are on a treadmill, running really hard, but not getting anywhere. And often we think, "What's the point?" We get discouraged and quit before the miracle happens.

Unless we stop to witness ourselves, we often don't realize just how much we've transformed. That is what this compassionate, loving, and sacred inventory is about.

It is important to come from a heart-centered space. You are your own compassionate witness, so no judgement.

Do not rush through this exercise. You don't have to finish it all in one sitting.

In your journal:

Think about your reason(s) for joining The Oracle School Experience. Can you remember what you were hoping to find? What you thought Oracle School would be? You may have written it down. If so, go read what you wrote.



Think about what you believed about yourself before you began this journey and who you are today. Answer as many of the following questions as you can:

- Do you still have the same vision **for** your life?
- Do you still have the same vision **of** your life?
- What has changed about the way you see yourself?
- Who have you become and who are you moving toward?
- How has your relationship with yourself shifted?
- How has your relationship with your higher power changed?
- How has your relationship with your loved ones changed?
- How do you view your job? Has that changed? How?
- What about the way you engage with the outside world?
- How has your perspective on people changed?
- Do you have more patience?
- Where have you shifted in relationship to perfectionism, anxiety, guilt, and/or shame?
- Where has your judgment changed? Are you more or less judgemental of others? Of yourself?
- What are you still afraid of? Why?
- What did you let go of?
- What did you resist?
- What are you still resisting?
- What has shifted in your vision of your future?

Look at your answers to the journal questions from the Becoming Spread in Module 2 of Personal Mastery.

- What, if anything, would you change about your answers?

Thinking about yourself and your life:

- What do you love about yourself?
- What are the things that make you who you are?
- What do you love about your life?
- What is beautiful about your life?
- What inspires your creativity?

What feeling do you want to have more of?