



COLETTE BARON-REID'S
PERSONAL MASTERY



Homeplay

The Becoming Spread

You're here because you want to create a different version of your life. You want to create your own Unique Authentic and Inspired Life. Who do you need to become in order to live that life? What would you need to let go of? How can we become who we choose to be, in a way that we can celebrate the adventure and experience ourselves fully?

In Module One you explored your Synchronicity Timeline and looked at how you got here. Now we are looking at what needs to change, heal, or be left behind in order to move forward into your Unique, Authentic, and Inspired life that is awaiting you.

Really take your time with this exercise. It is not intended for you to rush through. Pull one card for each question.

***** You are meant to read the protection message for each question whether or not it came out upright.***

In order for me to become the person I need to be to live my UAI life:

- 1. What in me needs the most healing?***
- 2. What in me needs the most encouragement?***
- 3. What part of my healing needs the most effort?***
- 4. What belief about my past story needs to change?***

Write in your journal whatever comes up for you without judgment as you ponder these questions for the next few weeks:

Who do I want to become?



What do I want to change in my life?

If I want to live the life I want, can I do that today?

Who do I need to become to live that life fully?

What old stories must I let go of?

What have I been willing to tolerate up until now to maintain the status quo?

What am I no longer willing to tolerate in myself, in my actions and beliefs, now that I know who I want to become?