



Welcome to week one of the six week course on your Spiritual Self. If this experience resonates with you, purchase the full version in our store for a more personalized experience. For this first Lesson you only need a notebook that is dedicated just to this course. I recommend a physical notebook but if you are more comfortable using the computer you can do that as well. This is about identifying what feels right to you.

This week's lesson is your self assessment. There are three tasks and an assessment tool. **With the full version I will be sending you personalized emails to help you pace yourself.** We will work together to find out where you are spiritually now and where you would like to be. I will send you a task per day to help you slow down and pace yourself. Do not feel you need to speed up if you are not finished with a lesson, just take each lesson on at a time and give yourself time to reflect.

Setting: Before starting this week's task, select a place that will help you reflect. It does not matter if it is inside or outside, but it should be a place you can return to each day and know when you are in that space and set up, this is where you study your spirituality. Add anything to the space that you feel will make you relaxed and able to focus on your spirituality. Some examples of items to add to your spiritual study place are music you like, a candle, a crystal, even a picture that means something to you.

Do not make your setup too complicated. You want to be able to set your space up in five minutes or less so that you can use it even if you just have a short time during the day. For example, My father prefers to light an incense in his study and listen to Tibetan bowl music while he studies. I have a purple candle, some gemstones, and a view outside when I sit at my dining room table to journal or study.

Okay, do you have your space set up? When you are ready, complete the following task.

LESSON ONE/ TASK ONE.

Time Allotment: One Day

Materials: Spiritual Self notebook

Direct Instructions: Skip the first page of your notebook. Label the second page INDEX and on the first line put Pg. 1 Beginning. On the next page, put the date at the top.

Journal Prompt: Write a journal entry with what you are doing right now (i.e I am sitting at my desk and typing with a picture of the goddess open on my phone for inspiration).

Practice: Next list or draw everything that you can think of that resonates with you spiritually or positively. Smells, sights, touch, tastes, sounds, ect. Do not edit yourself.

LESSON ONE/ TASK TWO

Time Allotment: Two days

Materials: Spiritual Self Journal

Direct Instructions: On your Index Page, write the page number of the next blank page and put WHERE I AM. Turn to the Blank Page and put the date you are writing this task.

Journal Prompt: Journal with the following questions in mind and without editing yourself. Where do you feel you are spiritually right now? Where would you like to be spiritually? What do you feel you need guidance with to reach that level of spirituality? Why are you taking this course?

Practice: Respond back to this email with the following answers to help me tailor this course for your needs.

1. What do you feel you need guidance with to reach that level of spirituality?
2. Why are you taking this course?

LESSON ONE/ TASK THREE

Time Allotment: Three days

Materials: Spiritual Self Journal, highlighter, blank page, art or craft supplies (optional)

Direct Instructions: Go through your journal entries and highlight the items that you have identified resonate with you spiritually.

Practice: Using the things listed in TASK ONE and any additional items you may have mentioned in TASK TWO, create a page of all the things that you have identified as resonating with you spiritually. Make this page visually pleasing to you. Make sure to have something on there that represents where you want to be spiritually as well and what your current spiritual goal for this course is.

If you have enjoyed this free week and chose to continue the full version, I will ask you to submit your journal entries for the three tasks so that we can continue from here.