

Journey Forward Workbook Video Series Course
AWARENESS HOMEWORK

DAY 1

I thought

I felt the emotion of

I felt the physical sensation of

I thought

I felt the emotion of

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DAY 2

I thought

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DAY 3

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DAY 4

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DAY 5

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DAY 6

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DAY 7

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I thought

I felt the emotion of

I felt the physical sensation of

EXTRA

I thought

I felt the emotion of

I felt the physical sensation of

I thought

I felt the emotion of

I felt the physical sensation of