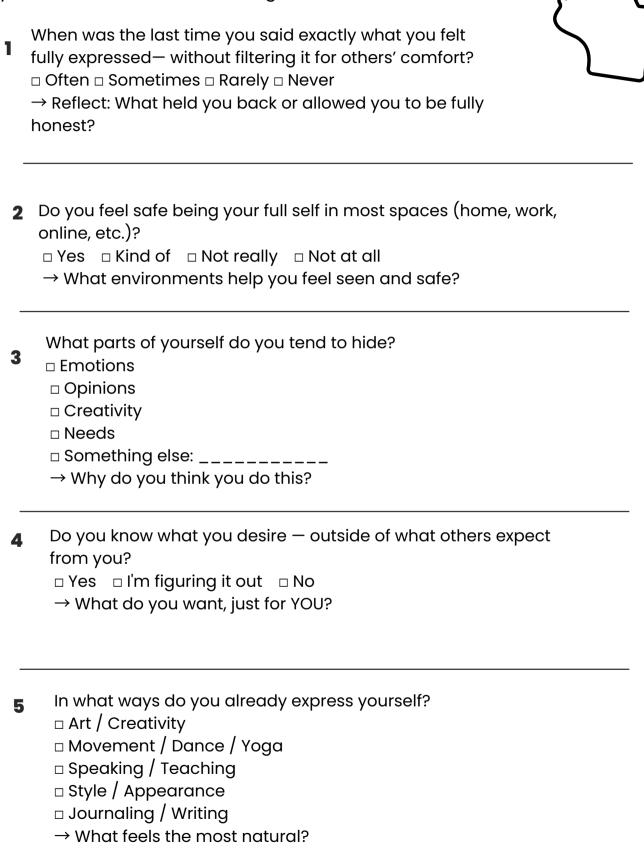
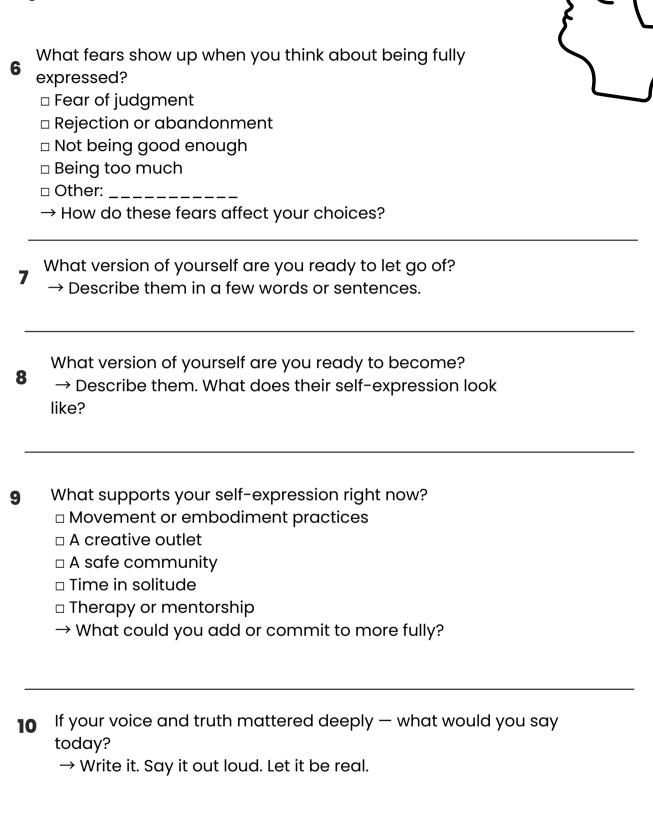
SELF-EXPRESSION PATHWAY WORKSHEET

A self-inquiry worksheet to help you discover your voice, confidence, and alignment



SELF-EXPRESSION PATHWAY WORKSHEET

Page 2



REFLECTION



Where do you feel you are on your self-expression path: just beginning, in transition, or fully embodied?
Write a few sentences.

NEXT STEPS:

What would help you feel more free, aligned, and expressed?
Take a breath. You're exactly where you're meant to be.