

*Meet Myself Where I Am Journal* This work is for reflection. Never to alter or regret—only cultivate awareness. Humans take action to maintain or change course. The action of seeing what is in our mind directs our action not our reaction.

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*Ticker Tape Beliefs* Just underlying the surface thoughts that often play a role in our day to day reactions.

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*Iceberg Beliefs* Deeper collections of thoughts that have formed a belief pattern that may resonate in all areas of our life—often without awareness that these are there.

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*Feeling check in-*

*Describe feelings you felt(feel) here:*

*example-frustrated,depleted,content This gets easier with practice try 3x per day.*

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*What worked?*

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