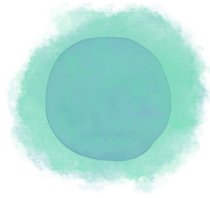


The Ground & Expand Self-Reflection Guide

A 3-Day Companion for the Intuitive Guidance Immersion



Day 1: Grounding Your Foundation (The Earth)

- *Look at the horizontal lines at the base of your life. What past experiences or steady daily routines are currently serving as the solid bedrock for your future?*

- *Where in your physical environment or routine do you need to establish a clearer boundary to feel safe enough to grow?*

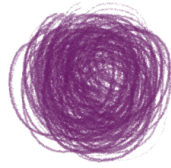
Day 2: Activating Change (The Portal)



- *If failure was completely impossible, what does the version of you 12 months from now look like, act like, and feel like?*

- *Who or what constitutes your "Vessel of Support" right now? (either in the physical or spirit realm) How can you allow yourself to receive their help more fully?*

Day 3: Surrender & Integration (The Evidence)



- What is one tiny, specific "micro-moment" of proof you are looking forward to experiencing that will show you your intention has come true?

- How will your personal healing, calm, and transformation positively ripple out to impact the animals and people closest to you? (Use your imagination)