

HIGHER

Self

Growing our higher self shrinks our inner critic.

The higher self is the part of an individual that connects with the Divine. It is your God-given spirit so to speak, with limitless potential.

The higher self can be accessed through meditation and introspection, which promote greater self-awareness and acceptance. In this worksheet we'll uncover your higher self (and your potential!) through thought provoking, introspective questioning.

What characteristics does your higher self exude?

What does your higher self desire and why?

What does your higher self avoid and why?

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What is your higher self personally passionate about?

What is your higher self's priority purpose?

Now get creative! Describe the aspirational life that is possible by harnessing the characteristics of your God-given higher self:

Remember: Your higher self is YOU. You are capable.