

RITUALS

Personal Rituals ...

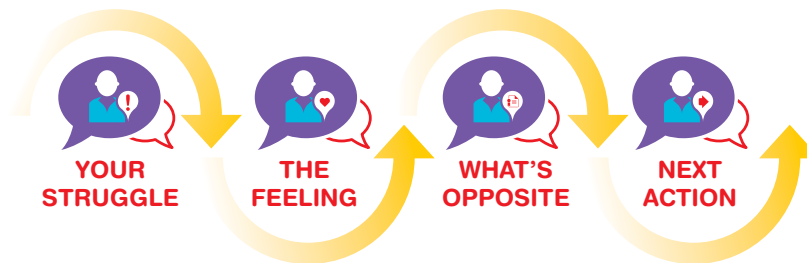


PHYSICAL

EMOTIONAL

MENTAL

Letting Go Process



1. YOUR STRUGGLE

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.....

2. THE FEELING

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.....

3. WHAT'S OPPOSITE

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.....

4. NEXT ACTION

.....
.....

8.

“When you want something, all the universe conspires in helping you to achieve it.”

Paul Coelho

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