

# Thrive Course Workbook

## Activate Your Inner Power Through Your Heart

From the place of connection in your heart answer these questions...

No 1. What is the area you are focusing on today?  
What is the challenge you are facing?

No 2. How you are feeling about the challenge you are focusing on?

No 3. What does the pain want you to know?



No 4. How did it feel to drop the weight of your pain into the love of your heart?

No 5. What was the emotion that you felt...that was at the core of this challenging situation for you?

No. 6 What is its opposite energy or the quality that feels most appropriate for you now as the antidote to this heavier, painful state?





No 7. How does it feel to claim this energy, this inner power...as yours and sense it expanding through your body?

No 8. To help you anchor the experience of being the still point you might want to make some notes about your experience of it.

No. 9 If you have already received guidance about your next step write about it here.





No. 10 List the things that you are grateful for in this whole process - to anchor it and say 'YES' to it.

No. 11 Write about the action you are going to take from the guidance you received on your next step.

No. 12 If you need to take the action step at a later time what are the sensations of being aligned to the intention of doing that? How does it feel to see yourself doing this? What do you see, know and hear when you are aligned to taking this action?

