



LIMINAL LESSONS

IN THE THRESHOLD, WISDOM UNFOLDS

REFLECTIVE WORKSHEET

[Starting Reflection - 1]

DATE _____

MOON PHASE _____

SEASON _____

i. INTENTIONS & INVITATIONS _____

What do you wish to call in, release, or become more of today?









ii. DEEP REFLECTION _____

[What do you wish to unlearn, cross and become?]

iii. WHAT AROSE _____

Feelings, images, resistance...

iv. WHAT WAS REVEALED _____

The thread of truth underneath...

.....

v. **CURRENT ENERGY** _____

Where do you find yourself on the spectrum today?



.....

vi. **A CLOSING WORD** _____

A word, phrase, or image to carry with you as you step forward...

WORD / SYMBOL

ONE SMALL ACT

