



FULL POWER — W O M E N —

Reflections on My Growth Needs

Which area(s) of your life are the most important to focus on for development and growth to become your best possible self (tune into your longings & discontent):

Relationship with self: self-love, becoming my own best friend, freedom from inner critic etc.

Relationships with others: healing current relationships, finding the beloved, developing deep relationships that mirror my authentic self

Career/Job/Finances: finding a job that aligns with my values, financial stability, career shift

Calling/Purpose: Clearly understanding my gifts & talents & how to share them with the world

Health & Wellness: healing illness, weight loss/fitness, body image

Creativity/Play/Fun: hobbies, interest, playtime/downtime, creative expression

Spirituality: deepening intuition, wisdom, connecting with the Divine

Legacy: contribution, impact for future generations

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