

# When last did you ask?

Who am I?

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What was I born to do?

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What is my genius?

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How am I making sense of the world and where did these beliefs come from?

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What do I need to let go of?

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How do I live a life with dignity, courage and grace?

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In what ways am I depleting myself?

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What do I say I want and what are the results I am actually getting?

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What data from my body am I ignoring?

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*Lana xox*