

RENEWED VII



1. How did I show up as my true self today?
2. Was there a moment when I felt like I was holding back or not being genuine?
3. Did I express my thoughts and opinions honestly, even if they differed from others?
4. Did I prioritize my needs and desires today or did I put others' expectations ahead of my own?
5. Did I act in alignment with my core values and beliefs? If not, how can I realign myself tomorrow?
6. How did I practice self-acceptance and self-compassion today?
7. Did I allow myself to be vulnerable and open with others, revealing my authentic self?
8. Did I engage in activities that truly brought me joy, purpose, and fulfillment?
9. How well did I listen to my intuition today and trust my instincts?
10. Did I surround myself with authentic and inspiring individuals today?