



## INVITATION #1:

- Take inventory of your current life circumstances. How do you feel about where you're at right now?
- Are you resisting or embracing your genius? Elaborate.
- Are you aware of any unprocessed emotional material that may be blocking you from BECOMING who you were designed to be? Describe.
- Are you experiencing a call to action from the universe? Is there a cracking open occurring or wanting to occur in your framework of reality? If so, how has this come into your awareness and why do you think it's happening?



## INVITATION #2:

Describe to the best of your ability :

- What do you think your soul's curriculum has been?
- What are the lessons you feel you have repeatedly been given the opportunity to learn?
- Are there any familiar patterns in the challenges you've faced?
- How committed are you to learning the lessons the universe assigned to you so that you can **BEQOME** the person you were designed to be?
- What tools or people are currently available to you might help you move through your soul's curriculum?



### INVITATION #3:

- Look into the past. Make a list of the pivotal moments in your life when you were given multiple timelines to choose from. What were they? Did your choices bring you closer or further away from your Full Fuck Yes? Are there any patterns worth noting here?
- Look into the future: What timelines do you currently have in front of you? Which timeline will most honor the person you are **BECOMING**?
- How close do you currently feel you are to living your Full Fuck Yes timeline?
- What resources might help you step into your Full Fuck Yes timeline?



## **INVITATION #4:**

- How do you experience fear in your body? What are the sensations?
- Write down at least one example of when fear prevented you from taking a risk that could have had a positive outcome.
- Write down at least one example of when you took a risk despite feeling fear. What was the outcome?
- Where is fear motivating you today?
- Where can you embrace fear as a teacher?
- Where are you justifying holding onto fear because you believe it is serving you?
- Close your eyes and consciously breathe for 10 minutes. What came up? Resistance? Distraction? Insight? Write about it.



## INVITATION #5:

- When you look in the mirror of your soul, what do you see? What do you feel?
- Where is your heart closed to yourself or others? Is it protecting you from feeling pain?
- Where does your ego prevent you from deeper intimacy with self and others?
- Who do you currently love with an open heart?  
Spouse, kids, family, friends, animals, plants, planet?  
What does it feel like?
- If you were to CLAIM your heart's desires and embrace more of yourself - how would your life be different?
- Pick someone who you have guarded or closed your heart towards and write them a letter. (This could also be yourself.) You don't have to give it to them, but practice letting the words penetrate your heart and open it, consciously aiming love towards this person.



## INVITATION #6:

- What are your triggers, (i.e., what creates a visceral contraction or adverse reaction in your emotional state)?
- Pick one specific trigger, close your eyes, and evoke the feeling of it in your body. Observe the sensation, then – **ask to receive the gift contained within the feeling**. What comes up? What would it look like for you to respond to this trigger rather than react?
- Who in your inner circle is supporting your **BEQOMING**?
- Who is resisting your **BEQOMING**? What feelings / memories are they stirring up in you? How did you co-create the situation (i.e., where can you take responsibility)? Write them a letter. You don't necessarily have to give it to them.
- Using your discernment, decide whether you get to create healthy boundaries or lean in and support their understanding of your **BEQOMING**.



## **INVITATION #7:**

- How at home in your body do you feel right now? Do you experience the joy of feeling fully nourished or the toxicity of neglect?
- When you look in the mirror naked, what are the immediate thoughts / feelings that arise about your body?
- What belief systems do you hold about pleasure? I associate sex with...
- I learned about sex from...
- Define what being in integrity with your sexuality means to you? Are you in integrity (based on your definition)?
- If not, what steps do you need to take to stabilize your sexual integrity?
- What is your relationship with desire? Where does it have power over you?



## **INVITATION #8:**

- Pick a “problem” you are currently facing. How are you co-creating the situation? Explore what it would look like for you to take full responsibility for the situation, and note any perspective shifts.
- How “spacious” does your daily schedule feel? Is every minute of the day accounted for? Are you constantly Doing?
- What Doing tasks are the most challenging for you, and why? What’s the internal dialogue around them?
- What Doing tasks are the most effortless, and why? What’s your internal dialogue around them?
- Explore: How can your Doing become more Devotional?



## INVITATION #9:

- What parts of you are ready to die in order for you to step into the highest expression of yourself?
- What fears or resistance (shadow material) does that bring up?
- What is the opportunity on the other side of that fear/resistance?
- You don't have to attend a plant medicine ceremony to receive the benefits from altered states. We have provided a guided audio visualization exercise for you to create your own ceremony called *Embrace the Shadow*. Visit [www.BEQOMING.me/tools](http://www.BEQOMING.me/tools) or scan the QR code below to access the content. After you are done, give yourself some space and time to reflect & answer the following question: What came up? Resistance, pleasure, awareness, sensation, insight... Write it down.



## INVITATION #10:

- Evaluate the most intimate relationships in your life. What might the karmic contracts be between you? What challenges are present?
- How connected do you feel to your Truest Truth and your KNOWING?
- Discerning intellectual knowing from KNOWING is a practice that requires the silencing of internal and external noise to fully come online. We have prepared a guided meditation called *Finding the KNOWING* for you to develop this ability to discern between the two, by listening deeply to your inner voice. Visit [www.BEQOMING.me/tools](http://www.BEQOMING.me/tools) or scan the QR code below to access the content. After you are done, free-flow in writing about your experience.

