

YOUR SOUL'S CALLING

day one

YOUR ESSENTIAL SELF



Cathy Heller

1

DAY ONE

key takeaways

As you reflect on some of these key takeaways from today's session, **what comes up for you?** Write some notes on what each takeaway means to you and what it brings up for you.

Becoming who we are is really a process of unbecoming everything we are not.

Trust the process.

There's so much room for you. The world needs what only you can bring.

Be willing to be messy.

DAY ONE

Takeaways & homework

DAY 1 NOTES & TAKEAWAYS

DAY 1 HOMEWORK

1. Write yourself this permission slip: "Dear _____, I give you permission to be messy. I give you permission to play. I give you permission to make mediocre things. I give you permission to trust the process. Love, _____"
2. Post a photo of you as a child around 7 or 8 years old. What would they say to you if you met them today?
3. What are your 5 dreams lives? Which one lights you up the most?

BONUS QUESTION

What's your biggest takeaway from Day 1?

Don't forget to check the **ANNOUNCEMENTS** section of the Facebook Group to post today's homework and qualify for the awesome prizes we're giving away! I'm so proud of you for showing up and doing this work. You're doing great. I'll see you tomorrow.

XO,

Cathy

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