



## ***Lesson 4 Reflections***

The Healing, Health and Healthy Weight 10 week course is about creating a more succinct and distinct level of communication for participants to communicate with their souls for weight loss, and the evolutionary process of healing.

- 1) How much do you weigh now?**
- 2) Have you noticed any changes in your thoughts, emotions, or mental habits? If so, what are they?**
- 3) All of us want to have these seven qualities that will bring more fulfillment, and happiness in our lives.**

**Rate these qualities on a scale of 1-10, 1 being least and 10 being most:**

- 1. SAFE, SECURE, GROUNDED:**
- 2. SENSE OF BELONGING, INTIMATE RELATIONSHIPS:**
- 3. SELF CONFIDENT, SELF ESTEEM, RECOGNIZED FOR YOUR ACCOMPLISHMENTS:**
- 4. DEEP UNCONDITIONAL ABIDING LOVE THAT YOU GIVE AND RECEIVE:**
- 5. ABLE TO COMMUNICATE YOUR EMOTIONS AND HEAR OTHERS WISDOM AND EMOTIONS:**
- 6. MENTAL CLARITY, GOOD MEMORY, INTUITION:**
- 7. SPIRITUAL CONNECTION and INSPIRATION:**



## ***Lesson 4 Reflections continued***

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- 4) **How often do you pray or mediate every day?**
  
- 5) **Is it getting easier to remember to check in with yourself in daily activities?**
  
- 6) **Do you feel more of a connection to inspired and happy thoughts?**
  
- 7) **Have you been able to meditate every morning and night, pray and listen for guidance?**