



RELEASE STRESS AND CONNECT WITH YOUR INNER GUIDANCE

Use this worksheet to guide you through the 4-step practice of releasing stress and connecting with your inner guidance. Take your time with each step, and trust the process as you deepen your connection with yourself.

Step 1: Prepare Your Mind and Body

- Find Your Space: Where will you practice today? (e.g., a quiet room, nature, etc.)
- Deep Breathing: Close your eyes and take 3 deep breaths - 4 counts to inhale, 4 counts to exhale. As you inhale, visualize calm energy filling your body. As you exhale, imagine stress and tension leaving.

Step 2: Enter the Alpha State

- Let go of any active thoughts and focus on simply being present.
- Imagine yourself in a calm and meditative state.
- Keep breathing slowly.
- If your mind starts to wander, gently return to your breath.



RELEASE STRESS AND CONNECT WITH YOUR INNER GUIDANCE

Step 3: Ask and Observe

- Ask a question that feels meaningful to you. Some examples:
 - "What do I need to know right now?"
 - "What's the best way forward?"
- Stay open and allow impressions to arise. These might be words, images, sensations, or even a smell.
- What did you observe or receive?
- Answer: _____

Step 4: Reflect on the Messages

- Spend a moment reflecting on what you received. Ask yourself:
 - "What does this mean to me?"
 - "How can I apply this insight to my current situation?"
- What meaning do you associate with your experience?
 - Answer:

- Write down one action you can take based on your guidance.
- Action Step: _____