## Second Page of Transformation Evaluation

Viewing hand written paragraphs is a great way to assess your energy dynamics. Letting the inner dialogue be revealed on the page helps to develop correlations. Remember to turn off the inner monitor and just let thoughts fall onto the page.

anc	r just let thoughts fair onto the page.
1)	Write about how you are feeling right now.
2) '	Write about who believe you are supposed to be in this lifetime.