



WARRIOR GODDESS

WISE Challenge

Day 3 Worksheet

Healing

Here are some of the ways you might have cut off or clutched down on your Wise. Put an X next to ones that resonate with you:

Remember, have compassion with yourself, don't go all conditional and judgey on yourself now.

- Attaching to how you think you should be in your own development
- Demanding others be loving even while you are conditional and immature
- Thinking being wise means never having feelings
- Avoiding others hurt or your own hurt by disregarding stories/experiences
- Being edgy and critical and claiming it is your intuition
- Claiming your emotional attachment to the past is just the way it is
- Confusing being detached or dogmatic with being wise
- Confusing being distracted with being spiritual
- Using being an elder or having experience or credentials for approval
- Closing off your gratitude as unimportant or distraction

Now list three ways you could bring more patience and presence into healing one aspect of you that feels stuck