



WARRIOR GODDESS WISE Challenge

Day 6 Worksheet *Surrender and Spirit*

It's time to Surrender and connect to Spirit (here are some ideas to get you started)

- create a vision and then let go of how it's going to get there or turn out
- spend the day with loose plans and follow your heart
- try out creating a "spirit bowl" or "spirit jar" by writing down things outside of your control and putting them into a bowl or jar as a prayer to spirit. Then listen for your next steps.

Brainstorm ideas here

How did it feel to surrender?