

# November Reflection Ritual

1. What has been happening in my life recently?
2. What has been / is amazing in my life?
3. What has been / is challenging in my life lately?
4. What vision are you holding? How does it feel?
5. Is there anything I would like some deeper insight or understanding about?
6. Take your answer to #4 with you into the guided meditation.
7. What insights did you receive during your guided meditation?

