

# February Reflection Ritual

1. What is my relationship with truth?
2. How do I experience truth? Explore with each of your senses: taste, touch, hear, smell, emotion, see.

How do I experience my truth?

How do I experience others truth?

3. When is it easy for me to honor my truth and trust my inner wisdom?
4. When is it difficult for me to honor my truth and trust my inner wisdom?
5. Are there any limiting beliefs I am ready to shake off, shift, and let go of regarding my relationship with truth and inner wisdom? Write it out on a piece of paper. Then symbolically let it go by burying it or burning it.

