



## Questions

What is a skill you could teach others? What is a skill you would like to develop more? Why?

What is an inner truth you know about yourself?

Reflect on a time you didn't think you could solve a problem and you did. What did you learn about yourself?

## Reflection

Imagine you are looking at a crystal clear pool. Look at your reflection. What do you see at first glance? Look a little more, a little deeper. Start to slow and deepen your breaths as you look deeper into yourself. Your depth has no end. There's always more to discover. Offer love and gratitude to the light within you.

**“I have been looking in books, other people's advice and comments, extensive outside sources for what was **inside of me all the time.**”**

CGR, 1982