

DAY 7 – RELATIONSHIPS

"The heart of the matter: You should never belong fully to something that is outside yourself. It is very important to find a balance in your belonging."

~ John O'Donohue, Anam Cara

How do you relate to yourself and other people?

Answer the questions on the next page using the method of Intuitive Writing (see the Intuitive Writing Guide).



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How do you experience the quality of your RELATIONSHIPS with people in your life? And how is your connection with yourself. Are you able to be yourself in every situation or not. There is no wrong or right, there is no need for 'solutions', just write.

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How did you grow into the person you came to be? What were big influences in your life. What were the biggest and most impactful decisions you made on your life journey. How do you feel about where you are at?

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How would you like your RELATIONSHIPS to be, with yourself and other people? What could you do to change things in a better way. And what and who are you grateful and happy about? What do you respect in others and what would you like to find in yourself and show to the world?

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Read your answers on the previous questions out loud. You can also let the answers sink in first. When you feel ready, write about how you feel about your answers. Did they give you particular insights?

Closure

I hope these Intuitive Writing exercises shed some light on your thoughts and behaviors and how they came to be.

For when the unseen is seen, it is possible to make a change.
At least, if that is your wish.

You truly are the Creator of your Life.
You get to decide in which direction you are going to walk.

Hopefully, this e-book has given you some insights to help you move towards your destination.

Thank you for being here.

So much love,

Be Budding

If doing this inner healing and transformational work tastes like more you can take a look at my other [courses](#).

THANK YOU!

Thank you beautiful Soul for being here.

I honor you for doing this deep soul work.

Together, we travel through this lifetime,
to help Spread the Light as we grow into our own.

We all are brilliant pieces of Magic and it is about time
we acknowledge our own inner beauty
and start walking this Earth as the
Sacred Flower we are.

Namasté.

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