



SACRED QUESTIONS

We can begin the journey of emotional freedom, REbirth, and self-evolution by taking some quiet time right now, reading, reflecting on, and writing down answers to 25 Sacred Questions. Following each question, you'll find some guidance to help spark the process of awakening your *Sacred Power of Acceptance*.

There are many deeper questions we can ask ourselves beyond these 25—but this is a powerful starting point and can act as the framework for deeper exploration and the foundation for your *new* Winning Formula.

Read each question twice; then close your eyes, place your hand on your heart—and allow the answer to unfold rather than getting stuck in your head thinking about it. If you get stuck, stop, take a long slow deep breath in, and release it as if you were purging yourself. Then go back to the process. Remember to write your answers right here in the book or keep a running journal of your responses and reflections.

Whatever you choose to do, feel free to turn your contemplations into a living, breathing document in order to track your journey through your magnificent REbirth. Carve out some quiet time for yourself before you dive into these 25 Sacred Questions. They are not meant to be answered quickly or intellectually. But rather from within, as you go deeper into your heart.

1. Who am I . . . really? (Describe yourself in four sentences.)

2. Who or what is leading my life? (List the driving forces in your life that influence your behaviors, daily activities, and relationships.)

3. How do I *want* to define myself? (How do you wish you could introduce yourself to people?)



4. What do I love to do? (What activities make you smile, laugh, feel satisfied, or deeply fulfilled? What makes your heart sing when you are doing it?)

5. How can I express it on a daily basis? (List both the big and small ways that you can do what you love to do.)

6. What would I put on my tombstone? (At the end of your life, what will be your legacy? What value will you have added to the world? What would you like people to remember you for?)

7. How do I want to feel in each moment? (What are the sensations you want in your body, your heart, and your mind?)

8. What behaviors are feeling stale? (What actions, conditioned responses, or ways of seeing the world feel old, boring, predictable, and unfulfilling?)

9. How do I want to be perceived? (How do you want others describing you?)

10. What is really important to me now? (List your top three priorities in life.)



11. Who is really important to me now? (Who is rooting for you and who are you rooting for?)

12. How am I sacrificing what's important to me? (What are you forfeiting or compromising that matters to you?)

13. How am I sabotaging my successes? (What self-imposed roadblocks, unwarranted fears, and limiting beliefs are you placing in the way of your dreams?)

14. What are my most authentic expressions of me I really want to be? (What are your native energies? At your core, who are you?)

15. What are my most inauthentic expressions of me that I don't want to be? (Where are you trying too hard? Where are you a poser?)

16. What are my emotional responses that are constricted? (Where do you hold back expressing yourself so you'll be perceived in a certain way? Under what circumstances are you overly reactive?)

17. Where am I playing small in life? (Where do you let fear drive your decision-making?)



18. What are my emotional responses that are expanded? (Under what circumstances are you nonreactive, reflective, or creative?)

19. Where do I play large? (Under what circumstances are you bold, leading with love, recognizing your worthiness, and trusting the Universe?)

20. Who is the voice in my head when I second-guess myself? (What past or present outside influences drive you to question your decisions?)

21. What practices and behaviors of mine are no longer serving me? (What are your weakest daily expressions, the parts of you of that just don't feel right?)

22. What pieces of my current winning formula are no longer serving those close to me? (How are your core relationships being negatively affected by your current Winning Formula?)

23. How can I begin to weave my native energies into my best expression? (List the three traits that truly define you and the best expression of them in your life.)

24. What is my new vision? (What is the dream you hold dear in your heart?)



25. What pieces of my old Winning Formula are transferable to my new vision? (List the first five action steps you will take to craft your new winning formula.)

As you follow this guidance, this process should start to flow pretty easily. If this is your first journey into acceptance and you are starting to feel some anxiety cropping up, do not despair! Simply reading each question out loud and silently listening for answers is a powerful step into making friends with who you are, where you've come from, and what you believe.

Remember all the choices you made to create your old Winning Formula got you to this moment in your life. Celebrate them. Without them, you wouldn't be here. But what got you here, won't take you to the next level of your magnificence. And that's where we're headed! This process is to honor the totality of your past – the highs & lows, the peaks & the valleys. Celebrate all your decisions!