

# UNBOUND

## SPIRITUAL LIMITATIONS

### WORKSHEET

Take a few moments to close your eyes and notice your breathing. Allow your thoughts about your day, your to-do list, etc. drift away as you intentionally slow the pace of your thoughts, your breath, and your body.

Begin to direct your thoughts to an internal inquiry. Using the questions below or your own questions, gently ask one at a time and quietly breathe while you wait for the answer. The response might sound like a thought, but the idea here is not to question it, just continue the dialogue, one question at a time.

When we slow down the body and the mind, we are able to access this conversation between the thinking mind and the subconscious.

When you are finished, take a few moments to jot down anything that came up for you in your journal.

Questions:

*What do I believe in?*

*How am I supported by that belief?*

*Where does this live within me?*

*What about me is Divine?*

### **Diving into Inquiry:**

Grab your journal and take some time to reflect on the following questions:

- What do you have faith in and how do you practice?
- Do you have others that you practice that faith with?
- How might finding fellowship connect you more to God?
- Can you recognize the Divine within yourself and others?
- Are you able to surrender the outcomes of your efforts to a greater, Divine plan?

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