

My Personal Guide *to Life After My Awakening*



This guide is going to give you **vital information** that you will need to chart your own course after your awakening. This is your **personal guide to life**, now that you have spiritually awakened.

Here's how to uncover what you need to know to chart your own awakening path. **You can contemplate any or all of the questions on the following page and/or write about them in a journal.** This will help you gain clarity about where you are now. It will also give you a sense of direction while you create your next steps.

Feel free to revisit these questions anytime you need to reset things in your life!

1. What did I value in this life before my awakening? And have I lost interest in any of those things?

2. If I could change anything at all, what would I do differently now?

3. What inspires me the most?

4. What continues to make me happy?



5. Make a list of everything you know you are good at. It doesn't matter what others think. Only list what you know to be true.

6. Make 3 columns on a sheet of paper and title as follows:

Column A - These are the things that I want to stay the same.

Column B - These are the things I want to let go of.

Column C - These are the things that I want to improve.

Then, fill in each column with your thoughts.

7. On the left side of a piece of paper, draw a box labeled “**Point A: Here I am Now**”. On the right side of the paper, draw another box labeled “**Point B: This is where I want to be**”. Fill in each box with a simple description of that state. Then, draw an arrow connecting them to symbolize your desired journey!



8. What do I value the most now?