



EMbody

by Lo

WEEK 10: JOURNAL PROMPT

Journal: Who is the highest version of yourself? What does he/she look like? How does he/she move, act, think, etc?

This Week's Reminders:

- Use your consciousness that you have developed to align with the highest version of self.
- Physically embody the highest version of self.
- Use your journal prompt to connect to you soul by defining the highest version of self.