**6 Week Course**

Lost and Found Questions

Questions

Do you think it is true that you had to disconnect from yourself to an extent in your family to maintain a sense of connection within the family?

If so, the how do you think you disconnected?

How much do you personally think your subconscious runs the show?

What do you understand by ‘focusing externally’?

How accurate do you think your compass and rudder are?

Do you resonate with any of the signs that you are off track listed in this PDF?

What steps can you take to align more with your authentic self?