



PROJECT ALCHEMY

RELEASING BLOCKS:

An area of my life where I feel stuck or blocked or I am having a hard time creating what I want:

The feeling I feel when I focus on this is:

Where and how that feeling manifests in my body is:

(Retrospective) The early experience I went back to is:

The limiting decision or limiting belief I took on is:

The new decision I made is:

I now feel: