7.1 Things that Keep Me from Feeling Connected page 1 of 1

Name:	Date:
Write down things that keep you from fe own True Self. Try to think of at least thr	eeling connected to others, to nature, to the divine, and to you
1	
2.	
3.	
4.	
5	
6.	
7	
8.	
9.	
10.	
11	
12.	
13.	
14.	
15	
16.	
17.	
18.	
19.	
20.	